

# VERITAS

St Mark's Catholic School

No. 19 - AUTUMN 2018





# ST MARK'S AT THE PROMS

On 29th July, St Mark's Choir joined forces with a selection of other London choirs, and choirs from all over the country, to perform in a special concert as part of the celebrated BBC Proms Music Festival.

'Ten Pieces' is a special programme run by the BBC to promote classical music in schools and focuses on students learning and appreciating ten specifically chosen pieces from Bach's Toccata and Fugue to Stravinsky's Firebird. The 'Ten Pieces' Prom, explains and performs all 10 pieces with celebrity guests, the BBC singers and BBC Symphony Orchestra. It is a great honour to be part of such an internationally recognised concert series.

As with all Proms concerts, the final performance was at the Royal Albert Hall. On Monday 16th July, the choir made their way to the venue to rehearse with the other choirs and practise singing in the phenomenal surroundings!!!

The day did not disappoint at all! After arriving at the RAH, students were led straight into the choir stalls, which are behind the stage where the orchestra will sit. Issy Adams, choirmaster for BBC Ten Pieces Proms Choir and members of the BBC Singers led the rehearsal.

It was a great opportunity for the students to experience a professional rehearsal with one of the most inspirational choir masters in the country in one of the most prestigious music venues!



Students rehearsed Carl Orff's 'O Fortuna' from the ballet suite 'Carmina Burana'. This piece has up to 8 harmonies at one time with the sopranos reaching the heady heights of a top A!!! The tenors and basses blasted out their solid bass lines to support the higher singers. The acoustics of the RAH made the performance all the more spine tingling and it was super to hear the Latin pronunciation of the students improving all the time!

The second piece the choir rehearsed was Kerry Andrew's 'No Place Like', a contemporary piece that celebrates where we live. This performance contains more loops and 'urban sounds' from our Hammersmith performance and again, hearing up to eight different parts singing in the acoustics of the Royal Albert Hall was breathtaking.

Welcome to our Autumn Term 2018 edition of Veritas. The start of a new Academic Year is always a time of change and new beginnings and I am grateful for the warm welcome that I have received from staff, governors, parents



and students since becoming Headteacher of St Mark's in September. It is a privilege to lead this special community and I am committed to ensuring that the tradition of excellence established by my predecessors will continue under my leadership.

As I approach the end of my first term as Headteacher I have reflected on what makes St Mark's so exceptional and much of this is encapsulated in the pages of Veritas. The staff are all proud of the students who achieved outstanding results at GCSE and A Level this year. Our Progress 8 score which measures the progress made by students from KS2 to GCSE was the highest ever and places St Mark's in the top 1% of schools in the country again. Many of our A Level students also made outstanding progress and over 100 students are now studying a range of degree courses at competitive universities across the country. Alongside celebrating this academic success, we acknowledge the number of opportunities and experiences that students are given to fulfil their God-given potential. Debating, choir, competitions, trips, clubs...these are all possible because staff are dedicated and prepared to go above and beyond to provide a holistic education for our students.

As a Catholic community we reinforce the Gospel teaching to put our faith into action and I have been impressed by the commitment of students who give generously of their time and talents to support those who are disadvantaged in the local and wider community. They are excellent witnesses to our Christian faith.

On behalf of the staff, I would like to wish you and your families every blessing for Christmas and the New Year.

Andrea Waugh-Lucas - Headteacher





In October, Sixth Form students with positions of responsibility took on the challenge of raising money for CAFOD (Catholic Agency for Overseas Development) to support their Brighten up Harvest Campaign. CAFOD's campaign highlighted the fact that millions of families around the world do not have enough food to eat.

We organised a soup lunch for Harvest Day where students and staff could pay £1.50 for a home-made soup and bread lunch. The preparation was spilt between teams - the cooks and the servers. All students with positions of responsibility helped and further volunteers from the Sixth Form kindly helped

with the washing up. All did their best to make the day a success. On the night before the event a group of cooks had fun chopping up the vegetables. We even had a race to see who could chop the most vegetables in the fastest time, obviously paying careful attention to health and safety rules and regulations. Charlotte



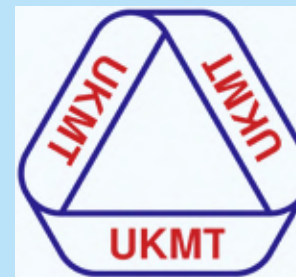
and Georgia Earley were the clear winners!

The next morning, another team of cooks were hard at work, cooking and blending the red lentil and vegetable soup. At lunch the time came to serve the many generous students and members of staff who came to support the occasion. The soup went down well and we were pleased with the positive feedback. We even sourced recyclable paper soup cups to avoid the use of plastic.

Overall, it was a fulfilling and rewarding experience for the Sixth Form students with positions of responsibility and volunteers and we hope that the money we raised (£285.00) will make a difference to the lives of people who need it the most.



Changel, Gabriela and Isabelle  
Year 13 Charity Reps



At the beginning of November, approximately 50 of our best year 12 and 13 mathematicians, along with just over a tenth of a million students nationwide, took part in the 2018 UK Senior Maths Challenge.

This taxing 25 question multiple-choice test of their mathematical ability aims to provoke a different sort of mathematical thinking and problem-solving to the challenge provided by the A-level.

I am happy to report that just over 50% of them have since earned a Bronze, Silver or Gold Award Certificate.

A special mention should go to Piotr Gnap and Jai Trehan of year 13 for attaining the prestigious Gold Award this year.

Both of them, by dint of their scores, also earned the right to take part in the Senior Kangaroo follow-on round - so named in honour of the Australians, who were first to organise a national student maths competition.

Congratulations should also be extended to our 4 Silver and 19 Bronze Award winners, and to the 5 other candidates who were just 1 correct answer shy of a Bronze Award.

I know the students would like to thank their maths teachers for the smooth running of this year's Challenge, as indeed would I.

If any parents/guardians are interested in seeing the challenge posed to our senior students in this exacting annual workout of the grey matter, this year's and previous years' papers and solutions can be found on-line, initially at 'UKMT'!

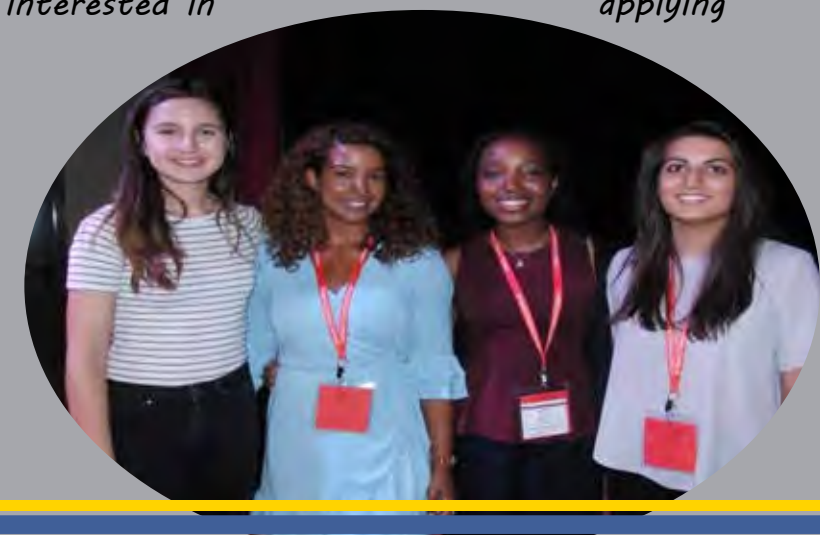
**Prepare to be stretched.**

## Life after St Mark's

On Thursday 11th October, four former students gave up their free time to come back to St Mark's and talk about their life journeys starting at St Mark's and progressing to higher education. Ellen Bandarian, who studies Mathematical Sciences at the University of Bath, discussed her course and what she could do with it once she graduated. Her presentation proved that you don't have to be certain about what you want to do when starting a degree as Ellen is now planning to study Law! Aine Sümer O'Flynn and Lian David, who both are studying Biomedical Sciences at King's College London, spoke with great passion and enthusiasm about their degrees. Lian discussed the possibility that she might transfer to a graduate medical degree course. On the other hand, Aine Sümer, who is really enjoying the research work that she is conducting at the moment, may extend that further and take up a research based post graduate degree course. Finally, Chelsea Rose spoke about her experiences of studying law at the University of Southampton and provided students with useful advice for both those who are interested in studying law and those who are generally interested in applying to university.

On behalf of all the students and staff, I would like to thank Ellen, Aine Sümer, Lian and Chelsea for taking the time to talk to us about their experiences and we wish them all the best of luck in the future!

Kaya Iliska 12PMO



**SOUP LUNCH**



*As most of you will be aware, Fr Derek left the parish of St Michael and St Martin's in the summer. On leaving the parish, he set about walking the pilgrim route in Northern Spain known as the Camino de Santiago. It is traditional that pilgrims wear the shell of St James and are often given stones by others who cannot make the*

*journey. The stones are placed on the route as a reminder of those who have been left behind and as a way of keeping those people in God's thoughts. As a school we gave Fr Derek a pebble from our school grounds with the school name on it and the picture shows Fr Derek laying down that pebble.*

*In years to come if anyone walks the Camino keep an eye out for it!!!!*



## Ay Carmela - Spanish Theatre Trip

As a rather cool way of settling into A level Spanish, Ms Cruz Montes and Ms Stewart organised watching a Spanish Play which fit into the topic of The Spanish Civil War in our course, named 'Ay Carmela'. The play itself consisted of two characters named Carmela and Paulinho, a couple of travelling entertainers, who mistakenly cross the border that separates the two sides of the Spanish Civil War. Suddenly, they end up in a square that the National Army has recently taken over. Both actors will be forced to improvise a theatrical evening to celebrate the defeat of the enemy. Bursting with such entertainment all play long, accompanied by the lovely atmosphere until the end where it ends as a tragic comedy unfortunately (except the fact that the actress gave me a wink, so I wasn't entirely upset) it was a phenomenal play and worth watching. With the play being in The Cervantes theatre too and therefore located in Southwark, the event was a great opportunity to interact with my fellow peers and teachers about the play and Spanish culture in general as well, whilst walking within the streets of London. What an incredible day out, thanks to our amazing teachers. Hasta luego!



# ETON SUMMER SCHOOL

At the end of the summer term, ten Year 12 students including myself had the wonderful opportunity to attend the 'Eton College Summer School'. This is a ten day residential course, held at the prestigious Eton College, which aims to emulate the environment of studying at degree level. Students are able to choose a subject which they are passionate about and use this curiosity to push themselves outside their comfort zones and explore their subject in a way that they are normally unable to back at home. I chose to study English Literature and I studied a wide range of topics and texts ranging from 18th Century satire, 'The Waste Land' by T. S. Eliot, 'Paradise Lost' by John Milton and American short stories. The day began with two one-and-a-half-hour sessions followed by a necessary tea break before we returned for another one hour session. These lessons were largely discussion based with the teachers being free from the restrictions of a syllabus. Their genuine love for their chosen topic was clear which made the lessons such an amazing experience. When we were not sharing our opinions in class, we went on several excursions, including a trip to the Globe Theatre to watch 'A Winter's Tale' and a visit to John Milton's cottage. We even visited the College Library where we saw first edition copies of Shakespeare and George Orwell's works. Outside of English, there were trips to the Tate Modern and Cambridge University. Following our subject lessons, we were able to choose from a range of activities to do in our 'free time'. These activities included swimming, board games, dodgeball, chalk drawing, script writing and even Ceilidh dancing (a traditional form of Scottish dancing). In the evening, there was a tutor session where you would discuss your day and general life with a small group of other students in a relaxed environment. This was followed by a general lecture based on topics such as fake news to illusions. It was such a different experience to daily life in Hounslow and it was extremely interesting to see how quickly we all adapted to the intensity of this course. Tutors also gave practice interviews and tips on how to write our personal statement which helped all students immensely. The course was definitely challenging with such a full schedule demanding a huge amount of hard work and effort. Having to adapt to working for such long hours and being in a completely new environment was tough at first but it provided an extremely valuable lesson about what life will be like in university. While the course aims to push you academically, some of the most important lessons I learnt were outside the classroom. In just ten days, you make long-lasting friendships, develop your social skills and build on your confidence. In a short space of time, we all ended up feeling like we had known each other for years and it was hard to realise that you would soon go back to 'normal' life. One of my favourite memories was just sitting in the TV room watching one of England's World Cup matches with such excitement that we were all screaming at the TV. By the end, we had grown so accustomed to this routine that going home was such a surreal experience. One of our main concerns was how we were going to cope with returning to school without having regular tea breaks. This course was the most enriching opportunity with every single one of us learning how to be more confident and becoming more prepared to go to university. While it was worlds apart from what we were used to, it was something that we all thoroughly enjoyed. It was such a memorable ten days and I would highly recommend applying if you have the opportunity.

Nicole Ahlawat



# CAREERS



On 18th and 19th July 2018, Year 10 had two days off timetable to focus on the World of Work and their next steps after they leave St Mark's at the end of Year 11. The majority will return to St Mark's 6th Form and progress to University or Higher Level Apprenticeships but all pupils learnt about the possibilities and opportunities open to them once they have their GCSEs. To begin with, pupils looked at what careers they were interested in and then

how they could map out a path to achieve their ambitions. We make use of two websites to help with this – 'Fast Tomato' and 'Careers Companion.' Both programmes are interactive and pupils can see the various qualifications they need to pursue their dreams. They also explored the various routes they can take to gain those qualifications, including courses run by local schools and colleges as well as St Mark's.

The day also focused on preparing a Personal Statement and CV which best presented them to prospective colleges and employers, with a close eye on preparing for Day 2 when every Year 10 pupil was interviewed by someone from the business community with experience in the real world of work. The students were told they would be interviewed for a generic work placement and asked a series of questions they might well be asked in a job interview. We prepared possible answers as well as watching videos that showed interviews at their worst and their best! The pupils made very sure that they practised handshakes to create a good first impression.



On the day of the interviews, all Year 10 attended school in business dress according to an appointment schedule and were interviewed formally. They all looked absolutely amazing and so many of the interviewers – we had 28 volunteers! – said how impressed they were by the young people of St Mark's, with several saying they would be very happy to employ their interviewees!



Following on from these very successful days, and now in Year 11, the students attended a Careers Event where they learnt about various job sectors and what it was like to work in these sectors. The students attended workshops and a Speed-Networking opportunity.

There were four workshops from which the students chose two to attend. The workshops were provided by the NHS, the London Borough of Hounslow, GlaxoSmithKline and Global, the media organisation that owns Heart and LBC radio stations amongst others. The talks involved an introduction to the sector, an overview of the different types of roles and careers in the industry and information on how pupils could go about joining the sector.

For Speed-Networking, the pupils were split into small groups and 'interviewed' 28 volunteers about their careers. They had time to ask questions about the various industries they represented and how they can go about entering those industries with the aim of giving the pupils an insight into how their work at school now prepares them for the careers they will be following in less than 10 years' time!



Year 11 were fantastic ambassadors for St Mark's on all three days and judging by their feedback, they were three days well worth experiencing!





On Sunday 8 September 2018, having won the London/South East regional round, Eoin Hanlon competed in the National Finals of the Catenian Society's Public Speaking Competition, held at Manchester Conference Centre. Eoin's chosen subject focused on the dangerous power of "the language of populism"; out of 16 finalists from all over the U.K., Eoin came a worthy second.



It's that time of the year again where the Rotarians call for the voices of the future to express themselves at the Rotary Public Speaking Competition. With a great history in the competition, St Mark's, of course, fielded three strong teams across the intermediate and senior levels looking to make our mark in the world of Public Speaking once again. Our Intermediate team was made up of Joe Gibson, Alice Snell and Monet Munyoro, delivering their speech on the power of music – music to the audience's ears, I'm sure. An enticing topic with Joe's beautifully written speech and powerful emotion was sandwiched by Alice's audacious and energised introduction and Monet's inspiring conclusion. While small in stature, this team certainly showed they were big in character and voice, and despite not progressing they did pick up the awards of Best Chairperson and Best Vote of Thanks. At the Senior level, again St Mark's enjoyed great success, yet the competition was fierce. Not only did we have to contend with the exceptional standard of speakers from across Hounslow Schools but we also competed against each other, as we entered two teams! Team A, made up of Joseph Nagle, Gabriel Millin and Nicole Ahlawat, delivered professionalism, wonderful rhetoric and charisma...in that order. Team B comprised of Martyna Paluch, Tom Moreland and Ciara John – this team demonstrating intelligent charm, welcomed controversy and pretentiousness...in that order. It was the Clash of the Titans – and the real winners were the audience, privileged to witness such a display of oratory ability, intellect and forward thinking. Whilst not progressing, St Mark's did pick up an impressive number of individual awards. Congratulations to Martyna Paluch, Gabriel Millin and Ciara John who won the best speakers in their categories.



**ESU MACE**

In other debating news, Gabriel Millin and Joseph Nagle enjoyed immense success in the first round of the ESU MACE Debate. Arguing with all the political charisma of Churchill, they dominated the competition with their style, rhetoric and erudite arguments. We look forward to seeing how they fare in the later rounds.

(If you're looking to join the Debating Club, come to Room 100 on Mondays (Juniors Y7-9) or Thursdays (Seniors Y10-13) after school.)

# PARLIAMENT TRIP

In October, our Government and Politics Year 12 A Level class were given the opportunity to visit the Houses of Parliament. We travelled to Westminster on the tube, before being given an extremely interesting tour around Parliament. Our tour guide introduced us to new aspects of and facts about Parliament which we didn't know before, much of which we can bring



back to school and use in lessons. One of the most exciting parts of our trip was the chance to go into two sittings, one in the House of Commons and one in the House of Lords. It was interesting to see everything that we have been learning in class



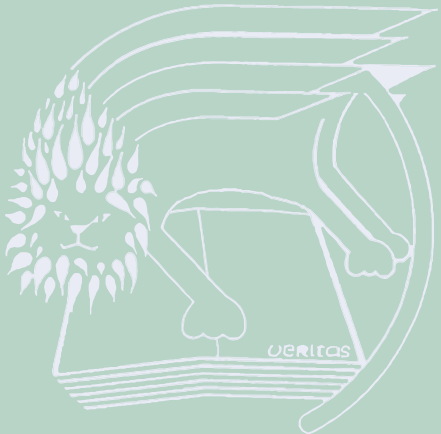
come to life and exciting to have the chance to sit in such iconic places. To finish off the day, we had a specialist workshop on Democracy and Participation, in which there were fun, interactive activities to consolidate and further our knowledge.



We then met our local constituency MP Seema Malhotra and ask her questions, before travelling back to West London.

This was an extremely eye-opening and interesting trip, which I am sure we will never forget!

Corinne Baker



# PUBLIC SPEAKING SUCCESS





Our last activity was getting to know each other. We all signed each other's booklets with compliments. We then went to the main hall for a challenge of getting your whole team across 10 meters using 2 hoops.

My team won by 2 people. We finished off with a reflection.

**Julia Kostrzewa**



The last thing we did was write positive things about each other and we did a strategic team game. I liked people writing things about me because I never knew I was all of these nice things.

**Daniel Taguba**



There were 3 stages involved in the retreat which were "Building relationships", "Getting closer to God" and "To know yourself better". My favourite was getting to know ourselves better as we got to meditate and I found that very relaxing and calm.

**Sian Elliot**

There were many activities, some of them involving running around but there were also some activities that were calmer, like we had to meditate while Miss Jackson read out a story from the Bible.

**Erin Brookfield**



It was calm and relaxing when we entered the room there was soft gentle music playing in the background. Miss Jackson who led the meditation started us off by telling us to lie on the floor and started to read a short story.

**Adeola Fernandes**



I learnt how to get closer to God in the retreat. There were a lot of fun games and a lot of listening. I think the retreat has helped me work a lot better with groups.

**Laura Tronci**



The second lesson we had was "Getting closer to God" we watched a video of how we connect to God. The video also showed us how to be brave and not to be scared of the things coming up and what had happened in the past.

**Zara Courtney**



On Monday 15th October we were one of 3 classes to take part in a RE retreat. We did 3 activities throughout the school day. 'Getting Closer to God', 'Building Relationships' and 'Knowing Yourself Better'. During the "Getting Closer to God" activity we wrote a letter to our future self. This letter was filled with our ambitions and wishes in St Mark's.

This was a great experience for me as I could grow closer to God and the people around me.

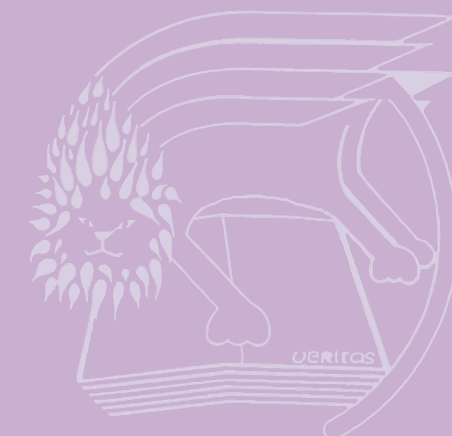
**Thomas Wells**

One of activities was led by Ivan, the Chaplain. It was "Becoming Closer to God" by learning that God picks people, no matter who they are or where they are, to serve his purpose.

**Joseph Muringatheri**



# YEAR 7 RETREAT





# THE BOOKSHELF

## National Poetry Day:

National Poetry Day was on Thursday 4th October this year. This coincided with our Open Morning, so we had lots of poetry books scattered around for everyone to browse.

In the afternoon, the LRC hosted a poetry slam.

Pupils from years 7 and 12 read out their own, as well as their favourite, poems.

Everyone especially enjoyed hearing each student's own compositions, one of which was in Polish.



## Reading Group:

This group runs every Monday evening after school from 3.10pm until 4.00pm. All students, from any year group, are welcome to drop into this group when they can. We read a selection of books, and often have a visiting author or go on trips. Drinks and biscuits are always available too!

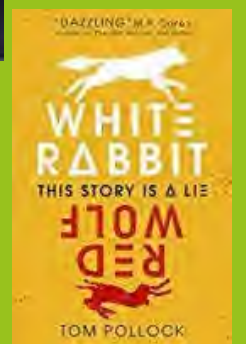
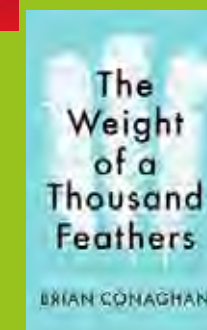
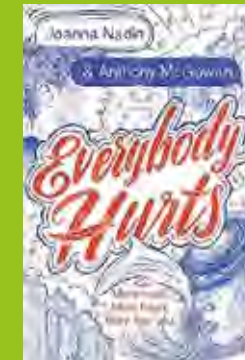


A Book Fair came to the LRC at the beginning of November, giving students, and staff too, a great opportunity to snap up some half-price bargains in time for Christmas!

## The Hounslow Teen Read 2019:

The Teen Read for 2019 was launched in Hounslow's Paul Robeson Theatre on Thursday 3rd November. The author Non Pratt announced the shortlist and talked about writing and her books. Students from Years 8, 9 and 10 will spend the next four months reading the shortlist of six books.

This year's short listed titles are:



## The Hounslow Speed Read:

On 11th October the poet Tony Dallas worked with students from all Hounslow secondary schools. The Speed Read is a Borough wide event to promote our favourite books. Students speak individually to their peers from other Hounslow Secondary Schools to "sell" their books. There is then a vote for the best, with



St Mark's students, once again, winning in more than one category.





# Media Study Day

On November 14th the year 12 Media students took a study day organised and delivered by the British film institute (BFI). This day focused on the set product of Newspapers which is directly relevant to component 1 of the exam. It explored newspapers across a range of platforms and focused on key products of the course Daily Mirror, Daily Mail, The Guardian online and I newspapers. Representation was also debated as well as the role of the audience using historical, social, cultural and political contexts as framework also focused on evolving media products in our digital age. Lastly, we explored industry concepts such as technological change, production processes and circulation as well as the significance of ownership and news values linking to political contexts. We were also privileged enough to ask questions of the Deputy Opinion Editor from the Guardian we all asked questions to get an educated perspective on aspects of our course. This was a valuable experience that gave us all the opportunity to get ahead and also the chance to speak to more people on the course and expand our knowledge on the topic.



## Sparrow Schools

Working for the Common Good is one the key features of any Catholic community and one of the charities supported by St Mark's is Sparrow Schools in Johannesburg, South Africa. The charity was started by Jackie Gallagher in 1990 and is an Educational Trust comprising two schools and a Further Education and Training (FET) college where over 700 children and young adults, unable to cope in mainstream education, are given a chance to become contributing members of society. Many of the students at Sparrow come from families devastated by HIV/AIDS. There are children who have faced abuse, exploitation, deprivation and homelessness. Some are orphans and will never have experienced parental love; many live in the townships and will have had to fend for themselves from a very young age. Last Thursday one of the teachers from Sparrow, Lindo Hadebe was able to visit St Mark's and share her experiences with a group of our students followed by a lively Q&A session which was informative and entertaining for all concerned. Throughout the school year there are many opportunities for fundraising and it is always good for us to see what an impact these activities, the generosity of students, parents and staff, can have on the lives and life chances of others.



# YEAR 7 DISCO



The end of the autumn half term brought about the seasonal Year 7 party, organised and overseen by Year 12 students, as a part of the 'Faith in Action' Programme. At least 148 students attended, and the Main Hall was set up with decorations

designed and decorated by Faith In Action Members. The disco created a positive atmosphere and brought about fun and



socialising, thanks to dedicated preparation from Sixth Form Students, such as organising music, lights and food. Behind the initial benefits to Year 7 students, the disco also



helped to raise money to support the Senior Citizens' Christmas party. These events and those similar to them help to raise the school's sense of community and enhance student participation within the school. Year 12s were working hard behind the scenes and it was great to see their hard work pay off.

Pippa Dawson





# Prizegiving 2018



As Prize Giving draws ever nearer and we have the chance to celebrate the achievements of our pupils, perhaps it is worth reflecting on the school's exam results.

The summer results were the result of the hard work of pupils, staff and parents and they are a credit to the whole community. The key Government measure of Progress 8 published the school in the top 1% of schools nationally. The School was ranked 23rd out

of over 5000 schools and in fact it ranked as the second best Catholic school in the country. This is an amazing achievement.

Progress 8 is a complicated calculation but in effect it means the pupils at St Mark's did one grade better on average than they were expected or if they were in a school which had a progress figure of zero. This result is even more startling when you realise this was achieved without recourse to a range of alternative courses. At St Mark's pupils follow a timetabled academic curriculum; in fact 91% of pupils entered the Ebacc. The average grade for pupils in their best eight subjects was a grade 6. The Sixth Form continues to grow and flourish and the school can be rightly proud of its alumni at the top universities in the UK. It is always a pleasure to welcome them back as they are an inspiration to the younger pupils. At A Level the school has an ALPS + score of 3 which means the pupils continue to make progress from GCSE.

Prizegiving will recognise pupils from Year 7 to Year 13 with prizes given to forms, application, progress, subject prizes and special awards.

Lisa Walton is presenting the awards. Lisa, a former St Mark's pupil, is now an Executive Headteacher in Derbyshire



## SPECIAL AWARDS

Compulease Cup (ICT).....	David Bale
Da Laune Cup (Technology) .....	Virtue Igbokwuwe
David Sheath Cup (Leadership).....	Kasie Brookfield
DHP Trophy (Design Innovation).....	Kyle Quadra
Diana, Princess of Wales Award (Drama) .....	Rachel Amponsah
Duke of Norfolk Cup (History).....	Oscar Crowe
Erwin Cousins Cup (Overcoming Obstacles).....	Alayna Chisholm
Ethan Peters Cup (Film & Media) .....	Anna Gajda
Father McClughen Memorial Cup (Academic Achievement).....	Klaudia Zaporowska/Louise Wiener
Father Allen Cup (6th Form Religious Education).....	Simran Kainth
Ferro Cup (Geography) .....	Dylan Camara
Gail Brammer Cup.....	Tom Moreland
Headteacher's Shield (Service to the School).....	Kasie Brookfield/Marcus Rathbone
Hoechst Trophy (Work Experience).....	Paulina Motyl
Jack Austin Charities Cup .....	Leanne Antido
John Woulfe Cup (Commitment to PE).....	Jessie Stitson
Mary Anderson Cup (Outstanding Year 7 pupil).....	Isobel Grant
Winifred Donelan Cup (Orchestra).....	Jamie Cavill
Maria Austin Cup (Choir).....	Joseph Das
Maria McLoughlin Cup (Perseverance) .....	Grace Dorsey
Mary Mattimore Cup (Art).....	Erin Perucho
National Westminster Bank Trophy (Business Studies/Economics).....	Liam Kelly
Patrick Boland Cup (Academic Performance in PE) .....	Oliver Beaven
Peters & Smyth (Leadership in KS3/4) .....	Cherie Amponsah
Philip Lawrence Memorial Cup (Academic Achievement at GCSE).....	Martyna Paluch
Rebecca Richards Award (Faith in Action – Year 12).....	Charlotte Earley/Georgia Earley
Teresa Corrigan Cup (Maths 'A' Level).....	Louise Wiener
T.S.B. Charities Cup (Work for Charity).....	Nicole Ahlawat
Verity Cup (English 'A' Level).....	Klaudia Zaporowska
Wakeling Shield (Excellent Effort).....	Julia Sekulka
St. Mark's Progress Cup.....	Lance Wise

## HOUSE TROPHIES

Canon McKenzie Cup (Top House).....	Clitherow
Patti Owen Cup (Most Lion Points).....	Clitherow
Merit Shield for Green Cards.....	Fisher



# YPRES

FRIDAY 16TH NOVEMBER 2018

Year 9 students, Miss Mitchell, Miss Davies, Miss Brown and Mr Waters had a memorable day trip to Ypres, Belgium.

It was an early start (5.00 a.m!) on Friday morning when everybody arrived at school. Everyone waved goodbye to their parents and then we set off to the Eurotunnel terminal.

After a quiet coach journey we arrived at the terminal where we had just enough time to grab some breakfast. We jumped back on the coach and drove on to the train.

After a short crossing we arrived in France and then after an hour or so into Belgium (without stopping!) .We began our tour with some of the many cemeteries that are dotted in and around Ypres. Firstly we visited Essex Farm Cemetery, which not only contained the grave of one of the youngest soldiers of the war (aged 15) but also the grave of a soldier who was awarded the Victoria Cross. The cemetery was built on the site of an old field hospital. Mr Waters revealed that this was where Dr John McCrae wrote one of the war's most famous poems: "In Flanders Fields",

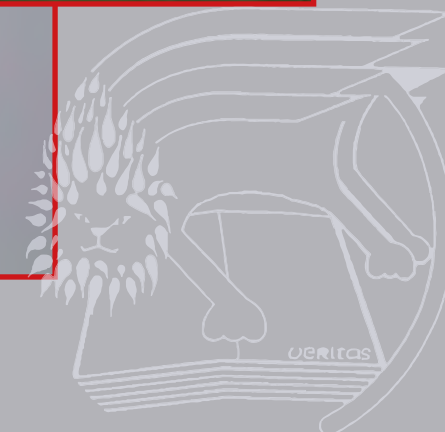
Our next historical site was called Hill 62. This is one of the two remaining places where original trenches from World War I have been preserved. Pupils climbed down into the trenches and tried to make their way through them. As they did they caught a real glimpse of how cold, wet and scared the soldiers must have felt a hundred years before. Many students bravely traveled through the underground tunnels and those in wellies went deep into the icy cold mud.



We then visited two more cemeteries, one German (Langemark) and one British (Tynecot). The two contrasting cemeteries varied hugely in their design and philosophy but were both equally moving. We all felt a desire to stop, think and question. We then proceeded to the excellent Passchendaele Museum. It was packed full of everyday items from the war. It had a huge collection of weapons, clothing and other wartime items.

Our last stop was Ypres town centre and the famous Menin gate. The Menin Gate is a huge arch containing thousands of names of soldiers who died in the war. It was one of the many sights from the day which allowed us to appreciate the sheer scale of the war. It is here at 8 o'clock every night that a solemn ceremony called the Last Post takes place. Unfortunately because ours is a day trip we could not stay to participate in this ceremony.

Being slightly ahead of schedule, we were able to quickly visit one of the town's renowned chocolate shops. Students took the time to buy presents for their loved ones. Making our way home, I think both students and teachers alike felt it had been a hugely successful day, one that provoked a great deal of thought and created a lot of new memories.





It has been a busy start to the 2018/19 DofE season.

Well done to the following Year 13 and Year 11 students who have submitted their awards for verification [at the time of going to press]; Alejandro Adarve-Arredondo, Emily Alexander, James Croucher, Gabriela De Freitas, Patricia Fernandes, Jessica John, Ciara John, Jordan Manangan, Natalia Religa, Alhena Saghir, Sumaya Saiyed and Patrick Willson, Michael Andrew, Angel Biju, Diana Fernandes, Catherine Moreland, Marta Nobili and Antsha Oloyede. It is not too late to complete your award over Christmas. Log on to edofe and add the evidence to your sections. The most important piece of evidence that each section must have is the Assessor Report and then send for approval to your DofE leader.



25 students have started their Silver Award and 35 are embarking on their Bronze Award which will be completed in 2019. On Saturday 24th November all the Silver and Bronze participants took part on an Expedition First Aid course facilitated by paramedics from the London Ambulance Service to help them understand the risks and how to manage the situation when out on their expeditions. Oliwia Garniewska [12PMO] shares her experience of this event.

"During the First Aid course, we learnt essential skills on how to save and preserve life. Altogether we had six sessions, each focussing on different aspects of first aid. In one session we discussed what might be a good way provide First Aid as a first responder- we all got an opportunity to give our opinion and to learn from one another as well as the instructors. During other sessions, we got to practise how to give someone a CPR and how to deal with a fractured ankle. What I found most interesting was how to put people in the recovery position. They taught us about doing things I wouldn't think were important to do like lifting someone's chin to prevent them from choking. Overall I found it very educational and the course has provided me with new life skills."

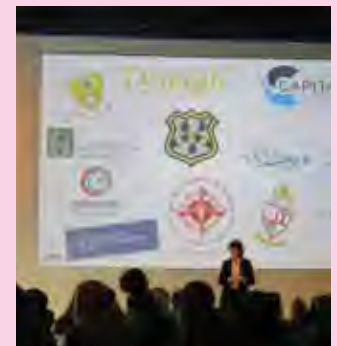


In the spring term, participants will be planning and undertaking their expeditions. Keep a look out for an update in the spring edition of Veritas.



On the Tuesday 3rd December, 13 lucky girls apart of Mr Shore's STEM club where given the opportunity to visit the British Airways headquarters and be a part of 'The Rocking your Teens movement.'

Whilst we were there we had many speeches from different inspirational women such as Dr Emily Grossman who is a Molecular biology expert and a science communicator as well as, Jillian Kowalchuk who is a GPS and women safety expert and created her own app about helping women to stay safe.



We were privileged to meet a woman British Airways pilot who flies the A380 (the biggest plane). She told us a very interesting story about how she became a pilot and how she is nearly a captain as she has been there for 11 years and for a captain you need to be there for 10 years and have 4 strips on your blazer.



Dr Emily Grossman also led a workshop for

us young women to see what job would suit us this really helped all the 200 girls there to have a strong thought about their future job. She also emphasised that not knowing your future now is totally fine as she explored many jobs to get to where she is today.



Overall all the girls at St Mark's school really enjoyed the STEM trip and would definately recommend it to many young women especially if you are unsure about your future career. It helped us realise that not all pilots, engineers or other jobs involving Maths, Science, Technology or Engineering have to be done by men. We would like to thank Mr Shore and Miss Davis for assisting us in going to the trip.



BY: Olive and Abbie 9FI



# Senior Citizens Christmas Party 2018

As part of our faith in Action programme, the Sixth form hosted the annual senior citizens party. The party took place on Wednesday the 12th of December and was a resounding success. Students stayed after school on a previous occasion to decorate the hall and erect two large Christmas trees. On the day of the party itself, students worked through the afternoon to decorate the hall immaculately in time for the party to start. A team of students escorted some of the senior citizens to the school while another group worked as a welcoming committee.

Entertainment at the party included a raffle and a game of bingo which was made thoroughly more enjoyable by Liam's particularly interesting method of calling the numbers. Despite a few heart stopping moments when an older lady took a slight fall, the party's atmosphere quickly reverted to cheerful and relaxed, especially as there were no injuries. The choir then gave a resoundingly successful performance to the guests of the party, singing some famous Christmas songs. Joseph then exhibited his exceptional piano skills, entertaining everyone with some blues and 50s rock tunes. Before the party came to a close, each guest was given a specially wrapped present, a gift from the sixth form. It seemed that everyone had a brilliant time and it was definitely worth the time of setting up the party and then cleaning up later. The sixth form had some massive help from the school caretakers whom we would like to thank profusely, as well as everyone else who had a role in the party. It was definitely a good time!

Gabriel Millin



Every year, Miss Jackson's Faith In Action class raise awareness about the toy drive that the whole school donates towards and this year it was my faith in action class' privilege to help out. When you take a step back out of the chaos of reality to think about the lives of others at Christmas time, it can be very eye opening. Toys, presents, gifts and family is all the majority of us know at Christmas and it is difficult for us to think what Christmas would be like without them. For our Faith in Action class we had a big insight to this, thousands of children in the UK wake up without any presents at Christmas and hundreds of those children are in our borough of Hounslow. Take a step back and think about how grateful we should be, not just for the materialistic items, but the fact that we have families and friends to spend the Christmas period with. Most children and young adults can't experience this perhaps because their family is in financial hardship, someone may have recently lost their job and been unable to find a new one, or all the money the family can raise has to be spent on a safe, warm place to live. With all the chaos at this time of the year it is hard to step into somebody else's shoes. With St Mark's annual Christmas Toy donations, we collect as many toys, games, toiletries and books as possible so children in our borough can open a gift from Santa on Christmas day. A small, selfless generous act can make a big impact. Thankyou to everyone who donated; it is truly appreciated. Change occurs through actions and we continue to make a change every single Christmas!

Alayna Chisholm 12PMO

## Faith in Action Toy Drive



The Carol Concert on 11th December was an amazing experience that I shall never forget. It was full of joy and hope for this season of Advent. The choir sang beautifully as did the solos, duets and the quintet. It is always a magical night. The choir had practised a lot and their work paid off. The readers read loudly and clearly which added to the overall effect.

We would like to thank Ms Jackson for giving up her time to help teach the choir and conduct them on the night, even though she had an injury which we hope she will recover from quickly. Also we would like to thank the musicians who played and thank you to Mr Shore behind the computer. Thank you to all the parents and family who joined in our service. It was a night which lifted everyone's spirits.

Maia Walsh

## Carol Concert



Each year the school has 9 Jack Petchey Awards to give out. The awards are given to people who have gone the extra mile or shown great leadership. The pupils receive the recognition, a pin badge, a certificate, an invite to the Jack Petchey Award Evening and £250 to spend on a project of their choice.

The winners for October, November and December are Casey Muchiri, Ellen O'Neill and Ava Nketsiah. Casey received her award for her work with the Dance Club. She has been a member since year 7 and last year she became an Ambassador for the Royal Academy of Dance. This meant she hosted events involving up to 500 people. She did a great job of representing RAD and St Mark's.

Ellen has helped consistently with extra curricular musical activities. She plays multiple instruments and leads the alto group in the choir. For 5 years she has taken part in every single event with a smile on her face showing leadership skills throughout.

Ava is a Year 8 student who has proven to be a fantastic role model who always puts herself forward to help out in any way. She has volunteered for charity projects and she has been involved in a range of activities. She has such a positive attitude, always willing to go the extra mile.

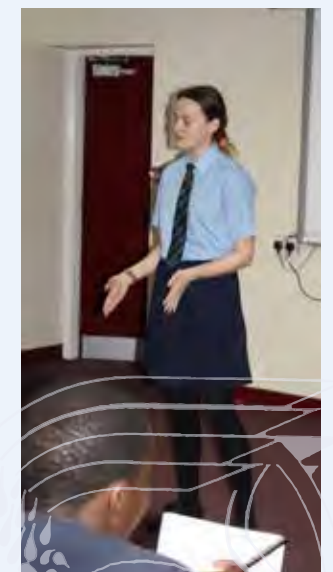
Well done to all three who received their awards at Upper and Lower School Assemblies.



On 28th November, 46 Year 10 students took part in the Jack Petchey's "Speak Out" Challenge. This was a day long workshop where students learnt how to write and deliver a speech. They developed a presentation over the morning and delivered it to their peers in the afternoon. Some of the topics included were Scouts, Knife Crime, Mental Health, Freedom of Speech, Importance of Music, Common sense, Feminism, Adoption and Family. It was a privilege to listen to all the wonderful, passionate, informative speeches delivered by this talented group.

It was very difficult to decide the 6 best speakers to go forward to the next stage which will be in the New Year. Congratulations to Ruby Bougi, Antonio Mascarenhas, Marlana Zaplata, Henry Beesley, Sofia Piletto and Maja Wozniak. These students will present their speeches in a Year Assembly to their Year Group and then the two finalists will go on to the Regional finals in March.

Highly recommended awards were also given to Gabriel Phelan, Wynovee Gamueda, Chika Anyigbo and Annabeth Menezes.





## YEAR 7 END OF YEAR TRIP WHIPSNAD ZOO

In July 2018, Year 7 visited Whipsnade Zoo. The Zoo was an end of year school trip and all pupils were looking forward to it. We arrived at Whipsnade by coach and progressed through tunnels to get to the main entrance this was through a souvenir shop stocked with toy animals, stationary and even cameras to the lion enclosure. Before we went in, we looked at the zoo map showing us where to go and what animals there were. First there were sea lions that made loud eerie noises. We went to an underground section so we could watch the colossal beasts swim right in front of us. Then we went to the red panda tree. It was an exciting moment as we glimpsed these red pandas scurrying around each branch. The tall giraffes towered over any animal in the zoo; when you got close to them it was fascinating to see their fur pattern. The flamingos were beautiful as they perched on one leg in the shallow water. The elephants were big enormous creatures, who plodded along their enclosure. The rhinos bathed in the murky water with their horns protruding upwards. As we crossed a bridge we could see brown bears walking around the trees or playing in the water. These are just a few of Whipsnade's many animals. The variety and information there places it into one of England's best zoos. The pupils of Year 7 enjoyed the school trip and it was a great way to finish off the year!



## YEAR 8 END OF YEAR TRIP PHASELSWOOD ACTIVITY CENTRE

On Thursday 19th July, Year 8's end of year trip was to Phasels Wood Activity Centre in Hemel Hempstead. Three double decker buses arrived at 8am for an early start. Students boarded the buses with their group members and we were off on our journey.

During the day, students took part in 4 activities, each lasting an hour. Activities included:

- Archery
- Orienteering
- The climbing wall
- Caving
- Zip wire
- Land Zorbs
- Human Table Football
- Hungry Hippos inflatable
- Vertical Wall



Students rotated from one activity to another, with a lunch break in between. There was also the opportunity at lunch time to buy snacks and ice-creams – it was a really hot day!

An exhausting but good day was had by all. It was a wonderful opportunity to spend time as a year group and mix and work with other students from across the year.



"Artur on the ice .... amazing!  
If only the staff were so good.  
It was lovely to see the Year  
Group enjoying their day out."  
**Mrs Mould**



"Ice skating will always  
look hard but trust me,  
it gets better!"  
**Chika Anyigbo**



"We all helped each  
other around the ice rink.  
Everyone was holding hands  
and making chains so we  
didn't fall over. Overall, it  
was really fun."  
**Rosie Robertson**



## YEAR 9 END OF YEAR TRIP (Guildford Spectrum)

"It was a nice way  
to end a year of hard  
work."  
**Sofia Piletto**



"I would give Inisha an  
A\* in falling"  
**Charlotte Henry-**

"It was a very fun day.  
I learnt new things  
and got better at old  
things."  
**Noah Esguerra**



"It was a fun day.  
Someone left their  
sandwiches on our  
coach!"  
**Louie Bergin**



"Never trust Ciara Law  
when it comes to ice  
skating."  
**Inisha Rajakumar**





# St Mark's Sport

## Senior Netball

Well done to the Senior netball team who took part in the annual Borough tournament on Wednesday 14th November and finished in 3rd place out of 8 teams.

A really pleasing result, despite having no time to train together and some of the team never playing competitive netball together before. Well done all!



## Year 8 & 9 Football

On Tuesday the 13th of November, 11 girls went on the minibus to Springwest Academy to play in the Annual Borough Tournament.

Our first match was against Gumley A. It

was a good game but unfortunately we lost 1-0 to Gumley. The next game was a lot more successful; we won 3-0 in the game against Lampton A. We then played Lampton B and won 2-0. Afterwards, we played Kingsley and won 1-0. We got through to the semi-finals.

At full time against Springwest Academy, it was a draw; 1-1. We went on to penalties. Up stepped Flo, Abbie and Charlayne who struck fantastic penalties and scored and as a result of fantastic goalkeeping from Ellen, saving 2 of the SWA penalties, this meant the St.Mark's

team had made their way to the final, to face Gumley. We had previously lost to Gumley earlier in the afternoon so we needed to stay positive. End to end action saw both teams with opportunities to score, however, it was the St Mark's team who broke the deadlock with a sweet strike by Charlayne. We managed to hold on to the lead and became Borough Champions! A fantastic effort by all who played - Well done!



**Anna-Marie McGhee**

## GCSE Badminton opportunities

As part of their GCSE PE course, a group of Year 10 students attended the borough Badminton tournament.

Badminton is a growing sport in our borough and despite not all the results going the way of St Mark's, it was an excellent chance to play in the wonderful Hounslow Badminton dome, trying to emulate ex-student and Olympian Rajiv Ouseph.

Badminton club runs on Friday lunchtime and students who are interested should come and see the PE department to sign up.



## Year 7 footballers make encouraging start

The year 7 football team have made an encouraging start to the season, including an excellent win over Cardinal Wiseman in the Middlesex Cup.

In a closely fought match they came out on top 5-4 with Matthew Keane starring with four goals. Other notable performances came from Finn Murphy, Nico Martucci and Uju Ukachukwu.

Unfortunately, in the next round we lost 4-1 away to Queen's Park which on another day, with chances taken, could have been a different game.

Despite this setback, the squad have responded in the best possible fashion and remain unbeaten in the borough league with 3 wins from 3 games.

Hopefully in the next issue of Veritas, we'll be able to report some more success for this year group. With over 24 boys having already represented the school football team, it is hoped that this can continue and the team goes from strength to strength.



## Year 9 Netball Rally

The year 9 netball girls stepped off the minibus with a strong and confident team which hadn't lost any of their games since the start of the year. After the first two games of the rally, the team bagged two wins with the scores 4-1 to St Marks against Lampton and another win 5-1 against Gumley. Everyone was confident especially with the supportive cheering and advice from the side-lines. Injury, 6 games, 4 wins, 1 loss and 1 draw later, the nervous wait for the final result... We came 3rd in our pool, not allowing us to carry on to the semi-finals but still a very good effort. The whole team would like to thank Miss Heeney and Miss Koomson for helping us to improve our ability and get many wins!





# St Mark's Sport

## KS3 Basketball Hounslow runners up!

Congratulations to the KS3 Girls basketball team who finished runners up at

the recent borough tournament. Despite only just recently starting training, they put in some excellent performances winning both their group games against Lampton and Spring West Academy. This meant they progressed onto the final against an experienced Heston side in which they acquitted themselves fantastically well but unfortunately the game ended in defeat. The player of the tournament was Francine

Nuevas. The girls should be really proud of their performances and maintain their enthusiasm of matches and practice. Any new players are always welcome and girls should check the dates of practices which are posted in the sports hall.



## Year 10 continue to impress

The year 10 football team continue to maintain their unbeaten record in borough football over the past 4 seasons but were pushed all the way by Heathland school in what was a league and cup match, winning 3-2 after extra time. Despite Roger Nicholson bagging a hat trick, man of the match went to goalkeeper Rowan



Fernandes whose saves were crucial to keeping St Mark's in the game and allowing them to progress to the next round of the cup.

Despite the good fortune of a walkover in the next round, things didn't get any easier after that as the squad was drawn away to the holders Queensmead. However, the team spirit and dogged determination of the boys saw them through 4-3 despite being behind 3-1. Important goals from Roger Nicholson and Tyler Falzone brought St Mark's back into the game and the winner came from Glen Anwuh-Darkoh. Man of the Match went to Leomar Zaballa for some excellent wing play.

The boys face another away tie in the quarter-finals after Christmas, hoping to go one better than they did in Year 8 when they reached the final of this competition.

# St Mark's Sports Day July 2018

Sports Day comprises of three events: track athletics, field athletics and tug-of-war. Years 7, 8 and 9 keenly contested events in each of the three areas with some very close results. This was reflected in the final overall score where Fisher beat Clitherow by 1 point. Fisher were dominant in the two athletic programmes with Clitherow gaining the upper hand in the tug-of-war.

Well done to all those who participated.







Eugenie Linhinya  
7 Becket



Natalia Turek  
7 Becket



Giorgia Piletto  
7 Becket



Zhine Canonicato  
7 Fisher



Daniel Taguba  
7 Fisher



Luca Rajakumar  
7 Fisher



Natalia Gubanska  
7 Campion



Faustino De Souza  
7 Campion



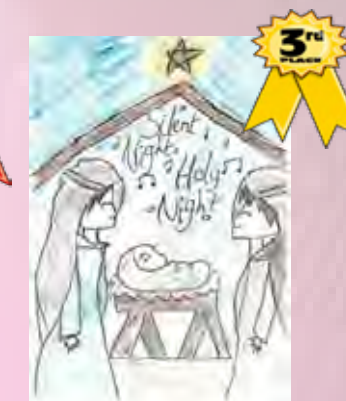
Marilee De Souza  
7 Campion



Martyna Biedrawa  
7 More



Zuzanna Zietarska  
7 More



Iverly Fernandes  
7 More



Quina Sequeira  
7 Clitherow



Marcel Krukowski  
7 Clitherow



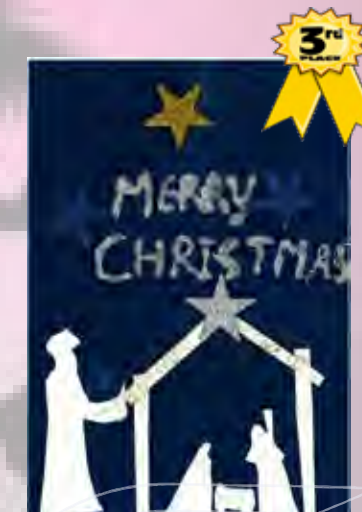
David Szeszel  
7 Clitherow



Alannah Quinn  
7 Pole



Hannah Wilkinson  
7 Pole



Terrence Fernandes  
7 Pole

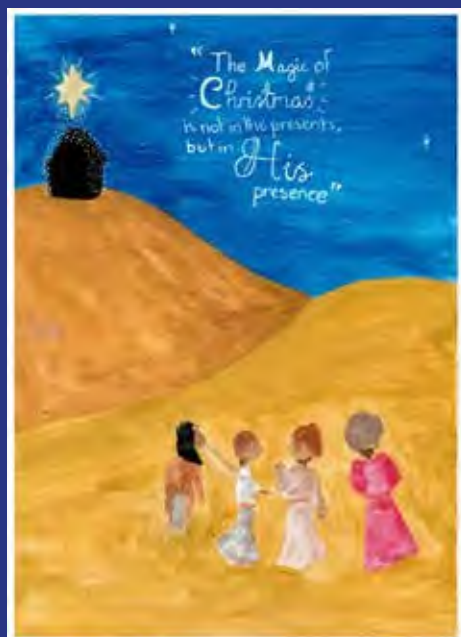
## Christmas Card Competition Form Winners



# Overall Christmas Card Winners



*Eugenie Linhinya  
7 Becket*



*Zhine Canonicato  
7 Fisher*



*Natalia Gubanska  
7 Campion*