

# VERITAS

St Mark's Catholic School

No. 18 - SUMMER 2018



## I only went for a cup of tea.....

It is a familiar scene. Mass had finished, the children wanted to talk to their friends, I wanted to go home and watch the football, but my dear wife said let's have a quick cup of tea in the hall, the children can play for a bit and I can catch up with X (someone with whom you feel you have only the vaguest connection). I duly tramped into the adjoining facility and made small talk with the old man by the hatch who everyone was pointedly ignoring. I quickly discovered the church hall elder was being left alone because he was the Diocesan Bishop - I guess the red top was a giveaway, but I just thought he was signalling some connection to one of the afternoon football teams. Twenty minutes later I find myself saying of course I would be willing to be a school governor; I am sure my skill set will be able to add something. It is tough not being able to tell lies to Bishops. Due to my slow reflexes I found myself elected Chair of Governors very early on, a post which I held for two decades until my retirement this year and it has been a privilege not the chore I originally imagined. Almost uniquely amongst all the others who hold this role in schools around the country, I have been associated with an institution that has by almost every measure improved year on year during this period. Now St Mark's is recognised as one of the best comprehensives in the UK. So now in retirement I can perhaps reflect on how this has been achieved. There is no magic formula that instantly changes an average performing school into one that leads national performance tables and is ranked 'outstanding'. It is a slow process that depends, more than anything, on a dedicated staff, as well as good leadership and the application of rigour in the processes and systems in the school. We have been fortunate at St Mark's to have had two wonderful Heads in my time as Chair: David Sheath and Paul Enright. David worked tirelessly during his tenure; his passion was evident, and the plaudits he received on his retirement were highly deserved. Our current Head also retires this year. In my day job I have worked with managers across many industries and cultures, from CEO through to team leaders, and I have found few have fulfilled the expectations of their role as well as Paul has. He has been an exceptional Head. He retires this summer and I hope the school community recognises the depth of his contribution to the success of St Mark's. His clear decision making, organisational skills and emotional intelligence are a template for others who undertake this role. The next few years will be difficult for the school with new appointments, difficulties in teacher recruitment, falling budgets and diocesan reorganisation. I wish Paul the best of retirements and the staff and pupils the most successful of futures.

It is not just the senior leader though that drives the school. During the last twenty years I have seen so many teachers at St Mark's who have worked far beyond their job specification and have changed the lives of so many - albeit often unrecognised by the recipients of their efforts. It has been a rewarding experience to observe that teaching is for many truly a vocation. Watching children I knew at the school go to some of the best Universities in the country and become accomplished professionals is inspiring. Of course, over such a period there have been many individual moments that move one. Seeing a proud Oxford student invite his inspirational St Mark's teacher to his graduation; seeing pupils achieve beyond their expectations, listening at a prize-giving to Frances Lawrence describe her husband's desires to improve his pupils futures and how she coped with his tragic passing. So, for me it has not just been about balancing the budget and setting the strategies for the school; it has been an uplifting experience. On balance, worth that cup of tea.

Dr Kerry Sullivan Former Chair of Governors



## HeadLine



As this will be my last introduction to Veritas before I retire I would like to say a few words of thanks. I was appointed as Headteacher in September 2001. Although the occasional more difficult day sometimes lasted a lifetime, I cannot believe where seventeen years have gone. In personal terms my children have all grown up and got jobs, my hair has turned grey and started to fall out and I am increasingly forgetting where I have left my keys.

I have been blessed with a fantastic team of colleagues who have provided wonderful support for me and more importantly, the students over these years. The Senior Leadership team at St Mark's have been tremendous and each one of them has made a significant contribution towards the success of the School. I wish the best of luck to Mary Byrne and Carmel Murphy who are also retiring from the team this Summer. The quality of teachers and support staff at the School is outstanding. Their commitment towards the School enables our students to fulfil their God given potential. I would particularly like to thank my PA, Maureen Howard, who has managed my idiosyncrasies so effectively over many years.

I also want to acknowledge the support I have received from Governors. A core group of Governors have served the School with great loyalty throughout this period. Best wishes to Kerry Sullivan (former Chair of Governors), Patti Owen, Angela Peters, Robert Was and Marie Armstrong who all finish this year. Kerry was a tremendous chair. The school continues to have a strong Governing Body under the leadership of Margaret McMichael.

Thank you to parents for your partnership, active involvement and kindness over the years. I know how lucky we have been with the excellent levels of parental support we have received at St Mark's. I also want to thank the many students who have made my job so fulfilling and such a pleasure. It has been a real privilege to get to know you and to see so many of you develop into positive young men and women ready to make a significant contribution within society.

I will not miss waking up early on Monday mornings. I will not miss my weekly detention every Friday. But I will miss all of you. I am confident about the future of the School and I am pleased to remain part of the wider St Mark's School family. I will remain an avid reader of Veritas.



# Rome

On 19th of June, 40 Year Eight pupils ventured on a breath-taking visit to Rome in the company of four teachers. In the limit of only four days, this outstanding trip allowed us to discover the Christian and historical connections to this mesmerising city, try traditional cuisine, understand the Italian culture and most importantly allowed us to enjoy the whole experience of visiting Italy's capital.

After our arrival on the first day, we enjoyed a pleasant coach ride where we could admire Rome's scenery as well as gaze at the stunning ancient architecture on our journey to the Catacombs of San Callisto. Following a guided tour, we were given the opportunity to wander as well be informed on the various burial tombs and symbolic meanings behind this fourth century AD landmark. Not only did we visit the Catacombs but later on in the afternoon, we were fortunate enough to enter the remains of the Baths of Caracalla. Wandering in groups, we were given the opportunity to test our photography skills



on the stunning ruins, see the three bathing rooms and take in the mesmerising monument. To complete the day, we concluded with traditional Italian cuisine consisting of pasta, chicken and ice-cream.



On Wednesday 18th June, the second day of the trip, we started the day by going to a Papal audience at the Vatican, where we were approximately a metre away from the Pope. After that, we went to Piazza Navona, a vast square, in the centre of which is a fountain, with an Egyptian obelisk, and personifications of four rivers. Its magnificent design, combined with its glimmering blue waters made it the most prominent feature of the square. Later, we went to the Vatican Museum, a very educational experience as we had the opportunity to learn about many works of art. We also visited the Sistine chapel, which was fully covered by paintings.

On Thursday 21st June we went to the Colosseum on a guided tour for around half an hour. This monument is one of my favourites and it was so amazing. We had so many opportunities to take photographs in the Colosseum and altogether it was an experience never to forget. Next, we went to the Roman Forum. This was an ancient collection of buildings that had lasted for hundreds of years. There were towering statues and waist-height headstones. After this, we headed down to Piazza Navona again and listened to some street buskers along the square. We then strolled down to the Pantheon and had a look inside. The architecture was incredible and the hole in the roof was just as unbelievable. As we made our way to the Hard Rock Café, we stopped by the Piazza di Spagna and the Spanish steps. It was very nice and the basilica at the top of the steps was enormous. For me, the Hard Rock Café was the best evening meal. I loved it because the burgers were just so good and the chips were seasoned really well. After food, we headed to the Trevi Fountain. Alongside the Colosseum, this is my favourite Roman landmark. It was just so big and the water was sparkling turquoise. The statues of the gods were enormous and so intricately carved. There is a myth that if you throw a penny backwards into the fountain and make a wish, that wish would come true!!! After a good time at the fountain, we headed back to the hotel and packed our suitcases ready for the next morning. Thursday was my favourite day because there was not much walking and we got to see all the best sights. It was very tiring but we all had such a good time!

On our final day in Rome, we had a relaxing break whilst still seeing some astonishing basilicas and attractions. On behalf of all the students on this trip we'd like to thank all the teachers who organised and accompanied us and for making it so much fun.

written by Alice Snell, Anna-Marie McGhee and Maria Gonsalves







On 26th June 2018, 35 Year 7 pupils who are studying Spanish went on an absolutely amazing trip with 4 teachers to Madrid. The teachers who accompanied us on the trip were Miss Anne, Mrs



Eastwood, Miss Brown and Mr Lopez. This trip allowed us to try traditional and delicious cuisine, to explore and understand the importance of the Spanish culture, to test out our Spanish language and -most importantly- enjoy the whole experience of visiting the capital city of Spain. We stayed at the Room 007 Hostel. We were assigned in groups of 9- altogether, there were 4 groups.

On the first day, we visited the Prado museum, where we got to walk around in groups to explore, learn from and be inspired by various pieces of famous Spanish artwork. We saw many pieces of artwork from different stages in history, including pieces painted by artists such as Diego Velázquez and Francisco Goya.



One of the famous pieces by Goya was La Maja Vestidas. As well as the museum we also visited many attractions on our first day, like the various

parks we visited to chill out. We also went on a guided tour of the Las Ventas Bullfighting Ring. We learnt that we had some instinctive Spanish Matadors as many of us attempted to use a capote (the red cape) to perform Spanish bullfighting! Taking from our experience, we can say that everyone was absolutely bewildered at the immense size of the bullfighting arena and also by a video clip of a bullfight in which the Matador ultimately killing the bull!

On our second day, we visited the Bernabeu Stadium, home to the Real Madrid football team. We sat in the dugout, toured the stadium, as well as actually felt the grass of the pitch where Cristiano Ronaldo plays! Our day got even better when in the afternoon we then went to the Parque de Atracciones (theme park) where we got totally drenched on the water rides and only the bravest of the brave went on the biggest rollercoaster. During our stay, we also went to two parks as a break from the endless walking. Honestly, more people were crowding around the ice-cream parlour and the lake than the view point of the whole city!



Finally, on the last day we went to the Puerto del Sol where we spent any spare Euros on souvenirs. On behalf of all the students on this trip, we'd like to thank all the teachers who organised and accompanied us and for making it so much fun. It is a memory we will always treasure in our hearts.



By Madelaine Cortez, Jacques de Comarmond and Aarion Almeida 7BE



# MADRID







# BRONZE AWARD



The best part of the D of E was when our group finally reached the top of a very steep hill because we all felt a large sense of accomplishment. The most challenging part was walking through an extremely narrow path surrounded and overgrown with nettles. I improved from the practice weekend because I know that I had to stay warmer when sleeping.

*Ines Walker*

The best part was the cooking. We were very efficient and the food tasted nice. The most challenging part was when we climbed an extremely steep hill because it was filled with thorny plants. I improved from the practice weekend because I navigated better and made sure that I always knew exactly where we were. *Michael Andrew*



The best part was at round down when I had to duck for an umbrella and then it hit Mr Jivan who caught it. The most challenging part was going up a steep hill with lots of nettles and thorns. I improved from the practice weekend on using a compass to follow the bearing.

*Catherine Moreland*

The best part was when we climbed a high hill and when we got to the top, we felt a rush of accomplishment although we were almost blown away. The most challenging part was when we had to walk through miles of stinging nettles and thorns. I improved from the practice weekend because I packed my bag much better and navigated the map better.

*Dylan Turner*



The best part was when we were chased by cows and we ran away but still ended up with more cows. The most challenging part was the slopes and the road because it took a while and it was harder to walk up. We improved on our map work and we were much more positive.

*Hasini Perera*



Following our Bronze walk at Richmond Park that was undertaken in January, students who committed to the Duke of Edinburgh award ventured on to an eventful weekend expedition. On Saturday 5th May our challenge began. The journey started from school itself where our teachers weighed our camping bags and loaded them into the minibus. It wasn't long till we reached our starting location which was Pulpit Wood. After a small break each group was handed packs which included equipment required to navigate our way to the campsite, for example: compasses, maps etc...

Then it was time to experience a horrifying moment: giving in our phones. Eventually it was time to start the adventure and walk.

What better way to start your Saturday morning than trekking over the 'muddy hills of Wendover'? personally I couldn't think of anything better. Using our route cards and other equipment we followed the path to the campsite. On the way we were delighted



to be greeted by horses, rabbits and dogs. In addition to this we were able to appreciate nature at its finest, on magnificent hills and in sunlit forests. Luckily for us the weather was pleasant. Eventually things took a turn for the worse and despite our great navigators, we got lost. It became night and so we were stuck in a pitch-black forest with only 2 torches within our 6-member group. After contacting Mr Shore, using our tracker he came and collected us. In this case, not all heroes wear capes! We were elated to reach the campsite although



we had to set up our tents in the dark. After a restless night, morning came bringing the new

challenge of disassembling the tent, cooking breakfast and continuing the walk. We started off eager to reach the minibus, our ticket home, although eventually we found ourselves lethargic and worn down, desperately hoping the trekking would come to an end. Sooner or later every group made it to the minibus safely. We headed back to school and everyone parted. That brought an end to a memorable trip.



*written by Jiya Bharti*



# SILVER AWARD

## Practice Weekend





Initially, the thought of D of E was daunting and scary: no phone, walking for three days, running on very little food. But that's what I initially thought. Obviously, D of E silver wasn't going to be a 'walk in the park' and I felt the need to challenge myself and be in situations that I haven't been in before in order to further better myself and strengthen my mind and therefore improve my mindset. Little did I know, that D of E was about to create some of the best memories I've ever had and I will be forever grateful for the group and staff that accompanied me on this wonderful journey.

The first day was the easiest of the three as my body was fuelled and energised. Nevertheless, it was still extremely challenging walking 18km with a massive bag on your back, carrying all of your stuff. Everyone in our group were struggling be it from blisters or shoulder pain but we all supported and encouraged each other through some good old songs and some words of encouragement.

Day two was slightly more challenging due to the fact that our feet were aching and we were all generally fatigued. However after cooking some baked beans and bacon, my energy shot up and I was ready for another day of walking. Day two was the longest day in term of distance with about 20km to cover and team spirit played a huge role in getting this leg of the expedition done whilst enjoying ourselves surrounded by the beautiful views that the New Forest had to offer.

The last day was a day filled with mixed emotions: sadness because this life changing journey was now coming to an end and I would now have to leave the feeling of walking with your best friends through beautiful places but excitement and a sense of pride for completing the expedition and having great memories that will never be forgotten. My group only had to walk 13km on this day making it the shortest day of the three but our bodies had endured 40km of walking already and our feet weren't far from falling off but again as a team we pushed each other every step of the way reaching the finish point 1 hour early.

D of E has taught me many valuable lessons that I have been able to implement in my daily life from leadership to time management, but the most valuable lesson I was able to gain from D of E was the value of Team Work as my team inspired me and supported me through what seemed to be impossible to complete on my own.



Jordan Manangan

## SILVER AWARD

### Assessed Weekend

# YEAR 12 CHARITY WALK



On Wednesday 11th July, Year 12 Sixth Form students and staff members took part in the annual Sixth Form Charity Walk. Beginning at St Mark's and



finishing at Hampton Wick, each member of the walk, recognisable through the bold red T-shirts designed by James Croucher, strode the 14km proudly, whilst battling the fierce afternoon sun. Some T-shirts had an extra design on the front, courtesy of Mr Hook- the famous slogan 'It's coming home', which sadly, however, was not to be. Nonetheless, through participating in this valuable and worthwhile experience and contributing £15 for our T-shirts, St Mark's Sixth Form students have continued the perennial support for charity. We would like to thank Mr Shore for organising the event and Mr Grover and his team for the wonderful refreshments at the end. Thanks also to those members of staff who greeted us along the way and helped us ensure we did not run out of water!



This year we were able to use the walk as an opportunity to join in with the #sharethejourney campaign, launched by Pope Francis. CAFOD are adding every km we walked to a grand total. We have joined the many who have walked in solidarity with people forced to flee their homes. So far the support for this campaign has meant that supporters of refugees have walked the equivalent of a journey around the world twice.



Ciara John





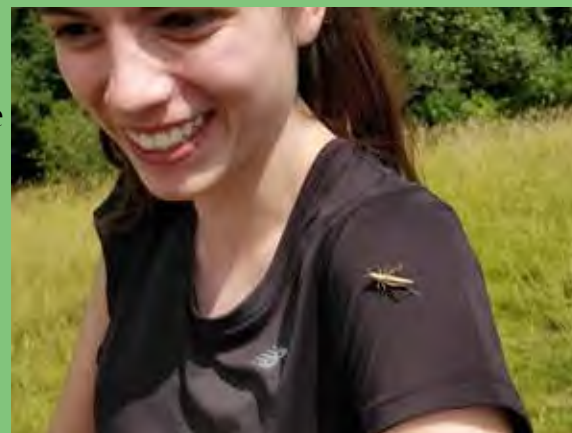
# Biology Field Trip Juniper Hall



During the Biology Field Trip at Juniper Hall, we were able to develop our practical understanding of Biology in a very fun and engaging way. We worked in teams to gather statistical data, which we used to try and confirm a hypothesis we had formed ourselves. We visited many different habitats like coppiced woodlands and were able to see iconic areas of the British countryside, such as Box Hill, which gave us a further insight and appreciation into the country where we live. We got down and dirty by dipping for snails in ponds to practise the technique of capture, recapture and by setting up traps for small mammals such as mice and voles, and though we failed in catching any, we witnessed amazing forms of learned behaviour in animals as we saw that the majority of our traps had been pulled apart by crows looking for food. We tested more animals on their behaviour, by capturing woodlice and seeing how they behave when exposed to a variety of different habitats. Furthermore, we set up moth traps, which were much more successful as we caught both macro and micro moths and were given the task to try and identify the species. We finished our trip by collating the statistical data and information we have had gathered onto a poster which we then presented to our class. The trip was really fun and we were able to explore more about Biology outside of the specification and it allowed us to ask many different questions. I believe that this trip was very beneficial as it allowed me to put the theory we had learnt in lessons into practise and was an amazing revision tool, as we learnt a step by step method of how to analyse graphs. We also got to enjoy all our free time,



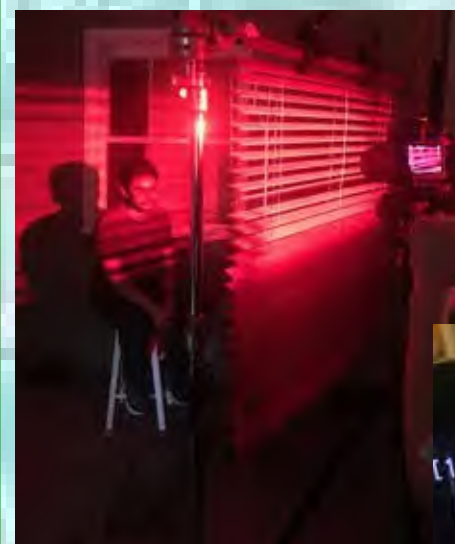
spending time outside in the grounds of Juniper Hall, with even the teachers getting involved. The area and estate were beautiful and many good memories were made on the trip.



After an exciting day at the London Film Academy learning all about cinematography, we were welcomed back on Monday 11th and Thursday 21st June for a course on editing. Both courses will help us with our media coursework- making a music video or film marketing.

An experienced tutor led our day of editing footage with credentials in the production of music videos; the editing course was insightful and engaging as we were able to have a hands-on approach. Media students were able to deepen their knowledge on the editing software used at our school, Final cut pro, will enable us to produce higher quality final products that show higher skill sets such as colour correction, editing audio and cutting footage. Our tutor taught us skills that will make editing easier such as keyboard shortcuts and also taught us the correct ways to save our work. Overall, the day was informative, intriguing and interactive. The staff at the London Film Academy were helpful and showed genuine interest in our projects.

Amber Chopra 12STH





## *Museum of Brands, Packaging and Advertising*



On 19th June, Ms Wade and Mr Wilkinson took the Year 10 Business students to the Museum of Brands, Packaging and Advertising. The objective was to learn more about how packaging can change over time and how they differentiate from other businesses.

Whilst being at the museum, we learnt the history of consumer culture from Victorian times to the present day. Set out in chronological order in the form of a "Time Tunnel" the museum

gives visitors "a trip down memory lane", and an opportunity to see how the brands around us have evolved from the Victorian times to today's society. It also reflects the change in shopping habits, the impact of transportation, media and the effects of two world wars. We also took part in a brand workshop where we had to take a famous brand and recreate it.

Overall, the trip taught me that a business has to be dynamic to meet the changing needs of customers in order to survive.

Alyssa Ferrer Year 10 Fisher



## *MINI Car Manufacturing Plant*

On 14th June 2018, the Year 12 Business class went to the Mini car manufacturing plant in Oxford with Ms Wade and Mrs Bennie. This was linked to the topic of production



which we are currently learning about in our Business A level. This tour was fascinating and allowed us to see a visual representation of cars being produced on a massive scale. We were able to make several links between the tour and our learning such as methods of motivation the business uses, flexible working, job rotation, capacity utilisation, stock control management, quality, customer satisfaction and many more. It was a really enjoyable Business trip and we learnt lots of new facts such as the factory employs approximately 4600 employees and 1000 minis are produced every day; who could imagine that!



On Wednesday 4th July, Year 10 and Year 12 Business students were welcomed onto the grounds of Stamford Bridge stadium; home of Chelsea football club. Our tour of the grounds gave us an insight into the financial running of a football club, for

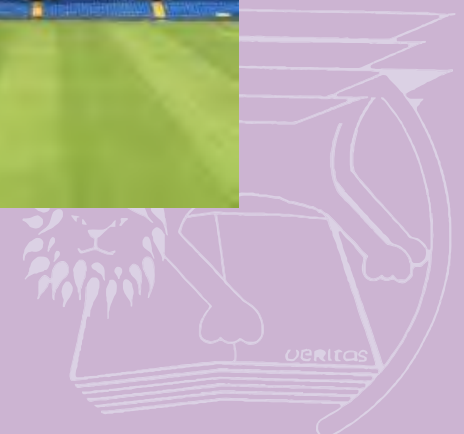
example, the club recently secured a 15 year sponsorship deal with Nike worth £60 million. Our business of Football tour took us from the museum, through the press room and into the players changing rooms where the most iconic and respected players' shirts are displayed. Personally, I thought the best part of the tour was when we walked out through the player's tunnel to the Chelsea theme tune onto the grounds of the stadium!



This Business of Football tour has significant relevance to our Business lessons as finance is an important topic at both key stages and one of the fundamental blocks to a strong and successful business. Miss Wade and Mr Greensmith accompanied us on this trip and also enjoyed the day!



# ***BUSINESS STUDIES***





# THE BOOKSHELF

As usual, the summer term is full of activity in the LRC. Students were busy revising for their exams too.

St Mark's has, once again, shadowed the CILIP Carnegie Medal Book Award this year.

What makes a truly great book?

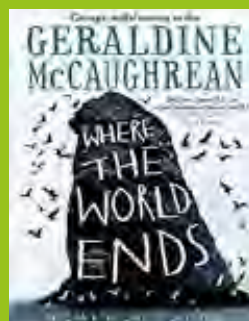
The CILIP Carnegie and Kate Greenaway Medals are the UK's oldest and most prestigious children's book awards. Often described by authors and illustrators as 'the one they want to win' - they are the gold standard in children's literature.

The CILIP Carnegie Medal is awarded by children's librarians for an outstanding book written in English for children and young people.

Our group has been busy reading the excellent shortlisted books, which are:



**THIS  
YEAR'S  
WINNER IS:**



**Where The World Ends  
by Geraldine McCaughrean**

'Where the World Ends' tells a true survival story of Scottish boys marooned at sea, and earns a second Carnegie Medal for Geraldine McCaughrean. In her acceptance speech Geraldine McCaughrean petitioned against the dumbing down of children's literature, encouraging writers and publishers to challenge young readers and provide them with a vocabulary that allows them to think for themselves



## Another Book Week event..

The Carnegie Shadowing group met with Catriona McQueen from Hounslow School Library Service. We had a healthy debate about the eight shortlisted books



BOOK WEEK, was held during the week before half term, with lots going on. We held a Book Fair in the LRC, which was very popular. This meant lots of free books for the LRC, which is very welcome. Thank you all for supporting this.



Also during Book Week, competitions were held with Year 7s making bookmarks and Year 8s designing a Book cover as well as making a children's book. The winners will shortly be on display in the LRC.

## THE HOUSLOW POETRY SLAM

This took place on 19th June, at the Robeson Theatre in Hounslow. All the Hounslow Secondary schools got together to perform their own original work, after spending the morning working with the poets Adam Kammerling and Deanna. A great experience for everyone who took part. Our poets were;

Angelina Reilly, Lina Ceckeviciute, Shanon Fernandes, Wallace Fernandes,  
Nolan Pereira and Robert Umryan.



Well done to you all!





# STEM CLUB



On Thursday 21st June the girls of Year 9 who had attended STEM club throughout the year had a STEM assessment during periods 3, 4, and 5. The assessment was held to test our knowledge and ability to use the skills that we had acquired during STEM club meetings. If we were able to carry out the experiments correctly and showed our understanding, we would be able to receive a CREST award. We had to use methods such as microscopy, titration, colorimetry and thin layer chromatography to test fake food, urine and blood samples for drugs. We had to note down our results and later, had to write up a report on our findings. I really enjoyed doing the assessment as we worked in conditions that were as close as possible to the ones in a real laboratory.

Victoria Lepko 9BE



## UK Junior Maths Challenge

At the end of April, approximately 120 of our Year 7 and 8 mathematicians, along with just under a third of a million students nationwide, took part in the 2018 UK Junior Maths Challenge.

This taxing 25 question, multiple-choice test, aims to provoke a different sort of mathematical thinking and problem-solving to the challenge provided in school.

I am happy to report that over 33% of them have since earned a Bronze, Silver or Gold Award Certificate.

A special mention should go to Pietro Nobili, Kathryn Buchan and Bihandu Pigera of Year 8 and to Nicholas Esguerra of Year 7 for earning the prestigious Gold Award this year.

Pietro, by dint of his score, has also earned the right to take part in the Junior Kangaroo follow-on round.

Congratulations should also be extended to our 10 Silver and 28 Bronze Award winners, and to the 18 other candidates who were just 1 correct answer away from 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 youngsters in this gruelling, annual workout of the grey matter, this year's and previous years' papers and solutions can be found on-line.

Mr. Gold



## LIFE AFTER ST MARK'S

Dr Stephen Connolly holds a BSc and HND in chemistry at NELP and Kingston. He found out how to make small molecules, novel alpha amino acids during his doctoral studies at Queen Mary College, University of London.

Dr Connolly has worked at the US Pharmaceutical company MSD and Co from 1989 to 1992 where he developed skills in medicinal chemistry at Merck's Neuroscience Research Centre, winning the Centres first Award of excellence in 1990 for his work. Dr Connolly contributed to the group that identified the multi-million dollar anti migraine drug, Maxalt.

Dr Connolly has also worked overseas at the Pasteur Institute in Iran and the National Institute for genetic engineering and biotechnology.

On returning to the UK in 1998, Dr Connolly was appointed Senior Lecturer at Teeside University delivering courses in medicinal chemistry, organic chemistry, toxicology and petroleum chemistry.

Dr Connolly is now Senior Tutor in Biology and Undergraduate Liaison Officer at Imperial College London, one of the top ten universities in the world.





# Wellbeing Month

In June, St Mark's celebrated Wellbeing Month. This involved learning about our emotional health and mental wellbeing. Each week took a different theme. In the first week we looked at what wellbeing means and ways to deal with overwhelming stress. In the second week we looked at the importance of discussing and sharing

our emotions. In week three we looked at developing our resilience and embracing failures. In the last week we explored what mental health means and how stigma can be challenged and reduced.

We explored these topics through assemblies, PSHE

lessons, Form time activities, art competitions, prayer and meditation, homework challenges and extra-curricular activities. A range of teachers put on special opportunities for us to learn about a wide range of ways they find it helpful to deal with stress. These included salsa dancing, art, knitting and crocheting, mindful colouring, badminton, poetry, writing, yoga and meditation, song-writing and a 'food for mood' workshop. They were all highly enjoyed by the many students that took part. They provided opportunities to make new friends, have fun and try something new. It didn't matter if you found it hard!

We really enjoyed the month and are looking forward to putting what we have learnt in to action.

By the Year 9 Wellbeing Ambassadors and Mrs Morillon

Inisha Rajakumar, Leanne Antido, Mary Egan, Charlotte Henry-Stumpe, Sofia Piletto, Tyreese Marcano, Ruben Pandey, Lucy Elliot, Hugo Dawson and Scarlett Clarke.



## Growing for wildlife and growing a happy place

Following on from the successful Saturday morning in April when some wonderful parents and staff cleared the "National Weed Collection" from our beds we have joined forces with Eco club for gardening this term.

We combined the Eco club objective of improving an area of the school grounds, with the current RHS Campaign for School Gardening project and St Mark's Wellbeing month. The current Campaign for School Gardening theme is "I can grow" and we chose "I can grow a happy place" and "I can grow for wildlife".

Before we could even begin to plant we had to dig lots of compost into four of the beds. That was hard work but this will feed up the soil that has been used for vegetables for a few years now. We also cleared a corner under a shady tree and relocated a bench there so we could sit down after our work.

Once that was done we got on with the nicer work of planting up lots of plants recommended for increasing and supporting wildlife such as Lavender, Teasels, native wildflowers such as poppies and common knapweed and some blueberry plants. We are also growing some plants from seed.

In the "happy place" bed we have put in plants to appeal to the senses – bright flowers to appeal to humans and birds and insects and plants for taste – rosemary, nasturtiums, strawberries, sage and parsley. For smell we have put in curry plants and oregano, and for touch we have leaves with texture. Some grasses are on their way to add some rustling sounds.

There is still lots of work to do and with the wonderful weather we need to water lots and lots but we enjoy a glass of squash and a biscuit in our happy place after our work each week.



P.S There are lots of ideas for growing plants to attract wildlife and pollinators on the Royal Horticultural Society Web site <https://www.rhs.org.uk/advice/wildlife-garden>





# Year 11 Prom

When the current Year 11s began their time at St Mark's, we welcomed them to the community with a mass and on 11th May we celebrated their final day at school in the same way. Pupils offered up symbols of their forms and once again demonstrated the community spirit that has tied them together for the last five years. The choir sang beautifully and some students were moved to tears by the emotion of the occasion. After the mass, pupils received their yearbooks which were another reflection of what a special Year group they have been.

That evening, pupils returned to school for the Year 11 Prom. This is always a brilliant event and this year was no different. Pupils arrived in a range of transportation (from extravagant limos to the bus!), all dressed up and looking fantastic with each of them posing on the red carpet for that all-important arrival shot. The evening was spent dancing enthusiastically under a balloon arch as the DJ played song after song. It was such a great atmosphere and wonderful to see the Year 11s having such a fabulous time. The night ended with a very impressive fireworks display and one final song before they all headed out into the night and their very bright futures.





# Year 13 Farewell Celebrations 2018

The evening of Friday 20th was a night of celebrations where Year 13 students were joined by staff to share a meal to mark their time in the Sixth Form. It was a great night with the gents looking sharp and the ladies beautiful. The evening began with 3-course meal, followed by the anticipated Prom Awards and finished off with the dance floor opening up. I would like to thank all those involved in the planning and execution of this event. Without your input and support, it would not have been the memorable event it was.

A week later the celebrations continued with Year 13 attending their final Liturgy at St Mark's. This was a beautiful celebration led by the students with the help of our School Chaplin Ivan, Mrs Ferguson, Miss Jackson, Mrs Morillon and Mr Longuehaye and the Tutors. The liturgy gave everyone an opportunity to reflect, give thanks and share memories of their time over the last 2 years [and for some

the last 7 years] at our school. This was followed by refreshments in Maggie's with teachers and support staff.

Moving on to new challenges and experiences will always be exciting but always remember that you will have another place to call home. Class of 2018 I wish you success and may you always be blessed with peace and happiness  
Mr Jivan.



## YEAR 13 PROM



# Meet our new Head Boy and Head Girl (and their Deputies!)

We asked them a couple of questions.....



Dylan Camara - Head Boy

*If you were a vegetable, what vegetable would you be?*

**Potato**

*If you could meet any historical figure, who would you choose?*

**George Washington**

Nicole Ahlawat - Head Girl

*If you woke up tomorrow as an animal, what animal would you choose?*

**Caterpillar**

*If you could only choose one holiday destination where would you go?*

**Japan**



Cíara John - Deputy Head Girl

*What are you most proud of?*

**Playing for Watford FC since Year 7.**

*What would your advice be to students starting out in the Sixth Form?*

**Keep on top of your work!**



Chris Tomy - Deputy Head Boy

*What is your favourite colour?*

**Red**

*What would be your advice to new Year 7 students?*

**Don't be afraid to be curious.**



## **Senior Prefects**

Daniel Parinas  
Alex Simmons  
Eunice Flores  
Charlotte Earley  
Meishu Huang  
Senali Kohamange

Georgia Earley  
Christina Newton  
Elsie Charles  
Saakshi Shaunak  
Hibba Kamran  
Khadija Abdi

Jordan Manangan



## **Charity Reps**

Isabelle Olanipekun  
Changel Biju  
Gabriela Cha Cha De Freitas



## **School Council Representatives**

Alex O'Shea  
Jennifer Onuchukwu



## **Becket**

Giorgiana Solomes  
Amber Chopra  
Michelle Munyoro  
Catherine Sunga



## **Campion**

Milly Brand  
Ciara Virk  
Angelica Aleksander



## **Clitherow**

Emily Alexander  
Monica Marques  
Adan Amaf



## **Fisher**

Holly Logue  
Megan O'Brien  
Rachel Harvey



## **More**

Lester Fernandes  
Ona Okechi-Nworjih  
Tess Martin



## **Pole**

Jessica John  
Thomas Ferreira  
Max Bartrip

# Positions of Responsibility



# HOUSE COMPETITIONS

## House Quiz

On Tuesday 3rd July, this year's House Quiz took place. The quiz consisted of questions based upon movies, tools used in school, flags of countries as well as general knowledge. It consisted of two groups; Year 7's and 8's, alongside a group of Year 9's and 10's for each Form. Each House throughout this event showed great enthusiasm as well as their passion to win with the way they cooperated and contributed to the quiz. The atmosphere was extremely joyous and lively as everyone happily shared their knowledge and answers amongst other team members. In the end the points were close with 7 Becket, 8 Becket, 9 Becket and 9 Pole being victorious and all extremely thrilled. As this was Amber, Catherine's and my first House competition since becoming House Captains, it a very new and exciting experience that we really enjoyed and we are looking forward to attending others in the future.

Amber Chopra and Catherine Sunga - Year 12



## DODGEBALL

Year 7 - 1st Clitherow  
2nd Becket  
3rd Campion, Fisher & More  
6th Pole



## Overall to date

Becket 53    Campion 26    Clitherow 57    Fisher 29    More 49    Pole 37

# YEAR 9 RETREAT

The Retreat was genuinely really good. I thought they showed and taught us all about happiness through the sketches, one of them being the breakfast show. I also liked the sketch where we learned about how to avoid the quick fixes like technology and fizzy drinks and to go for the things that last longer like the living water which helps us become happier and a better person. It taught me about God as well through the sketch about God's airline and to not carry all that stress around with us. Also I enjoyed the eye test sketch about being yourself around others.  
Madison Parker

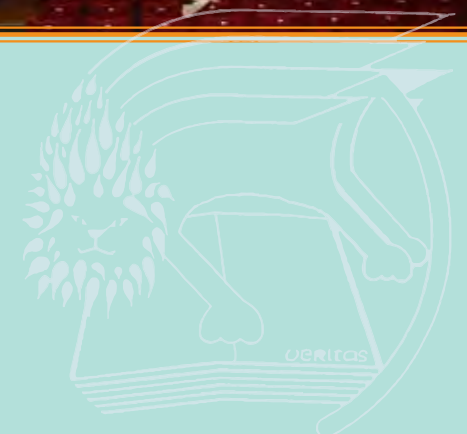


On our Retreat day we had 3 people come in from 'Rise Theatre'. They gave us lots of activities to do and presented quite a few sketches. The theme of the day was about 'True Happiness' and where we can find it as well as helping us realise that materialistic things from the world do not give us happiness that lasts. I enjoyed this day as I learned a lot and the testimonies helped me realise how God works in everyone's lives.  
LeAnn Simon

The Rise Theatre has a good way of passing on their own experiences and passing that on to us and getting us involved in the work they had. They got many people to challenge themselves and got everyone thinking in different ways.  
Julia Wisenko



The Year 9 retreat was full of life and spirited advice. I found it both entertaining and informative. It had a balance of comedy and seriousness such as the life talks each of the actors made. Overall I think it was an enjoyable and relaxing day.  
Nashon Wimalasekera







Alayna Chisholm



Mya Wilson



Erin Perucho



Ewa Kuczynska



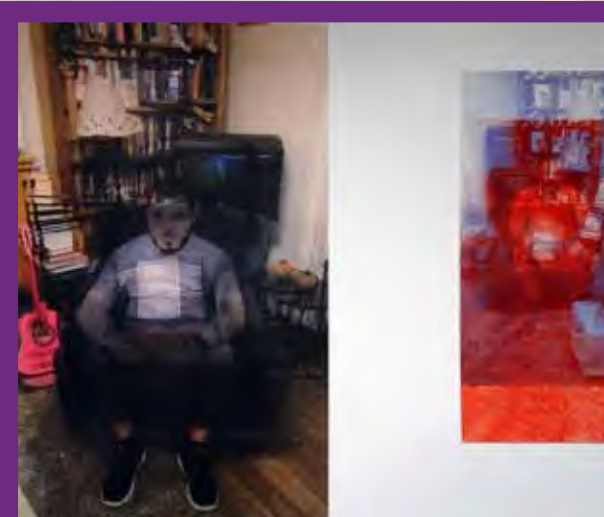
Renelina Duenas



Gweneth Madrinan



Sara Nowinska



Carmella Kavanagh



Filomena Vales





# Paris

It all started at 6am on Wednesday 4th July when we left the school by coach. We travelled to Paris via the Eurotunnel and arrived at our hotel at about 4.30pm French time. After unpacking and dinner we played some football and then went to bed, ready for the fun ahead on the next day. The next morning we had breakfast and then took off to the centre of Paris. The first stop was an art museum called 'Musée d'Orsay' where we answered a questionnaire and found works of art we liked. Favourites were Monet, Degas and Cezanne. We had a picnic in a nearby park (Jardin des Tuileries) and the next stop after that was a boat tour along the Seine. We saw famous landmarks of Paris like the Eiffel Tower and Notre-Dame Cathedral. Then

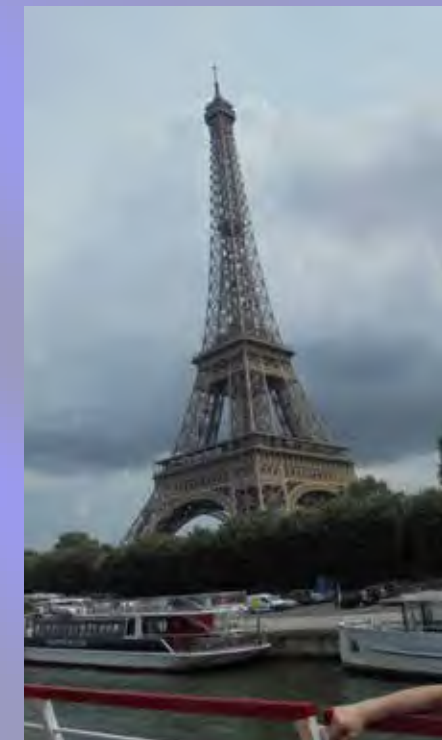


we went to Sacre-Coeur and Montmartre. We climbed up lots of steps, we looked around the artists' square and bought some souvenirs. We ate dinner in a restaurant just round the corner from Sacre-Coeur and some of us tried snails for the first time! Our last stop of the day was to visit the Tour Montparnasse which is 59 floors high. The lift to the top went so quickly, and from the top we could see the whole of Paris. It was a really interesting, educational and fun day. The next day we went to

Disneyland. We went on lots of rides, and in the afternoon

we watched the parade which was great. Then it was already our last day! We just had time in the morning to fit in a visit to see the Eiffel Tower which is massive close

up! Then we travelled back to England and got to Hounslow at 7.30pm. It was a really good experience and we got to bond with all the others on the trip. It was really fun. Thank you to Ms Stewart, Mr Bamrolia, Ms Curran, Ms John and Mr Sheehan for taking us.



Jack O'Flaherty, Ellen Duenas, Shanai Adu Bediako



What would you say to a Year 7 next year who was thinking about going on the Paris trip?

'It was great fun and there were a lot of amazing sights to look at. Very worth the price.' Michal Soberalski



'You should go because it is a lot of fun with all your friends also; it is a good experience to be around people speaking French.' Elizabeth McClune



'You should go because it is great fun and the days are packed. We got to see a lot of landmarks. You also have time to buy gifts for your family and friends.' Kacper Lepko

'I would say you should go because it's really fun especially Disneyland and the meals are nice.' Adrien Amistad



'At Disneyland the rides were really fun and we were allowed to go on rides and eat with friends. You must try snails! If you're scared of heights don't worry, face your fears.' Marcus Foord



'If you would like to eat snails, pizza, and pasta then go, and if you like heights and landscape and Disneyland then this is a good trip to go on' Scarlett Howard

'The Paris trip is very fun and a great opportunity. My favourite part of the trip was Disneyland and the boat because they were fun and enjoyable.' Kiera Kavanagh



It is an amazing and fun experience that you wouldn't want to miss. It gives you the opportunity to be with friends more and see amazing things and enjoy the culture in Paris.' Isabella Decataldo





# ESU DEBATING SUCCESS

Date: May 25th

Venue: Dartmouth House in central London.

Competition: The prestigious ESU Debate.

*The perfect setting for our budding debaters to make their mark in the debating world...*

Now, the ESU Debate is typically a competition for Year 9 students and experienced debaters of exceptionally high standards. However much like Gareth Southgate, Mr. Sheehan decided to give youth a chance to flourish and prosper by fielding a team of Year 7 and 8 students: Alice Snell, Joseph Gibson, Raiden Human, Samuel Henry-Stumpe and Paige Byrne.

This year, these debaters have grown into intelligent, charismatic and passionate speakers and the competition was the perfect setting for them to take these skills to the next step and to show the world what they are made of.

The team had to take part in three debates: the first on prioritising popular fiction texts in school study, the second on whether the sale of organs should be made legal; finally whether 14 year-olds should be allowed to vote in local elections. All students argued with passion, precision, reason and logic that it seemed impossible to argue against them. And let us put this in perspective, the team was debating against students 1-2 years older and more experienced, however St. Mark's out-argued, out-researched, out-passioned, out-reasoned all competition that came their way. The team won all three debates and were crowned champions of the region, qualifying for the finals. Once again, St Mark's show that regardless of the standard of competition, we rise to the top!

Whilst the season comes to its close, the debate certainly goes on; the debating fire burns in the Year 7s and 8s leading into the roaring flame of our year 11s. Let's keep it alive!



Sean Perera (Year 12), Francesca Medri and Ciaran Collins (both Year 10), were each awarded the Ogden Trust Schools Physicist of the Year Award by Royal Holloway, University of London, in recognition for their attainment in Physics.

The award was made at a presentation evening at the University on Thursday 5th July, where guests were also given talks on particle accelerators and astronomy. The students were later able to chat with some of the research staff and students to find out more about studying Physics at university.

In addition to the award each student received a £25 book token and are registered as Ogden Trust alumni. The Ogden Trust is a charitable trust that exists to promote the teaching and learning of physics and to maximise the opportunities available to young people. This includes offering scholarships to talented undergraduates.



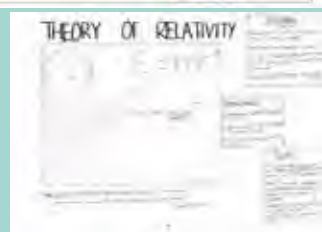
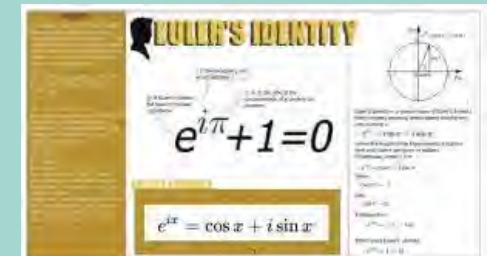
## PHYSICIST OF THE YEAR AWARD

At the beginning of July, some of the Year 12 Mathematics students entered the nationwide 'Famous Equation Poster Competition 2018' organised by the Institute of Mathematics and its Applications (IMA). They were required to choose a famous mathematical equation and to show how beautiful/interesting/

useful their chosen equation was. Indeed to win such competition, they had to be very creative and produced a quality poster.

I am happy to report that both the winner and the runner up of the competition came from St Mark's Catholic School. Christina Newton was the winner and Tess Martin was the runner up, beating all other schools across England and Scotland! It was a huge achievement from them. Congratulations to both of them for their superb effort and creativity! The winner will receive a 10 inch Android tablet and an award certificate from IMA and the runner up will receive an Honourable Mentions certificate from IMA.

I thank all the Year 12 students who entered the competition.



<http://www.mathscareers.org.uk/competition/famous-equation-poster-contest/>

Mr Naiker

## FAMOUS EQUATION POSTER COMPETITION





Wednesday 4th July was one of the hottest days of the year and in time honoured tradition, it was the day St Mark's staged its Summer Concert! As with previous concerts, there was a wide and varied programme of music performed by our Music students who played to a fantastic Year 7 audience.



Next, the Y10 GCSE Music class was joined by Fran Medri on the flute as they performed Mike Cornick's addictive 'Module Five'. With two keyboards, one piano, violin and flute, the number '5' was the key to this piece – 5 players, 5 beats in the bar, 5 different sections! It was a fun piece with lots of jazzy rhythms and chords. A definite show piece!

The choir then sung this summer's choral anthem: 'This is Me' from The Greatest Showman. Once again, they were singing in 3 part harmony and learning how to blend and balance their voices together as one. The Year 10s were then back, this time just Jamie Cavill, Marine Munier and Fran Medri on harpsichord, violin and flute respectively. They played G.F. Handel's 'Trio in G Minor', originally meant for oboe instead of flute, but the three of them played with great skill and musicianship which will prepare them greatly for their performance examinations next year!

To end the concert, the orchestra and choir joined forces to perform their version of Imagine Dragon's 'Believer'! It was an energetic and persuasive performance and having all students perform together was the best way to finish what had been a truly magnificent concert. The Year 7s showed their appreciation and gave the performers a rapturous round of applause to finish.

What a fantastic show – a truly memorable concert!



Antonio Mascarenhas and Ciaran Collins played a tenor sax and trumpet duet by the jazz composer James Rae. 'Contraflow' was a complex piece that meant both performers were playing 'against' each other for the majority of the piece. This contrasted nicely with the string group's 'Basse Danse' from Peter Warlock's Capriol Suite (music that was,

incidentally, played at Harry and Meghan's wedding in May!!) It was great to see some Year 7s becoming firm members of the group and we look forward to watching them develop and lead the group in years to come!! Despite a terrible sore throat, Scarlett Clarke alongside Alannah Williams gave a stunning rendition of 'What About Love?' from the musical The Color Purple.

The harmonies were sensational and they blended their voices beautifully. The audience was left in no doubt that The Color Purple is a musical to see!

The orchestra then took centre stage again to perform J.S. Bach's timeless 'Jesu, Joy of Man's Desiring'. The combination of the strings and Fran Medri on flute was flawless. The orchestra showed true musical mastery of their instruments and the style of music they were performing. As the orchestra took a

rest, Dinura Fernandes took to the piano to play his version of Maroon 5's 'Girls Like You'. It was confident and controlled performance which everyone enjoyed thoroughly. Dinura starts his Music GCSE in September so it was fantastic to see him taking the opportunity to develop his performance skills in this area.

Scarlett Crowe and Rosie Robertson followed this piano performance with a vocal duet singing two songs from Wicked. 'What is This Feeling' was full of spirit and cheekiness whilst 'For Good' focused on the true meaning of friendships and how they can impact on us. Both songs were performed with flair and great vocal ability. Once again, their voices together created a memorable and expressive performance.



## *Hounslow Music Singing Festival – 21st June Hammersmith Town Hall*

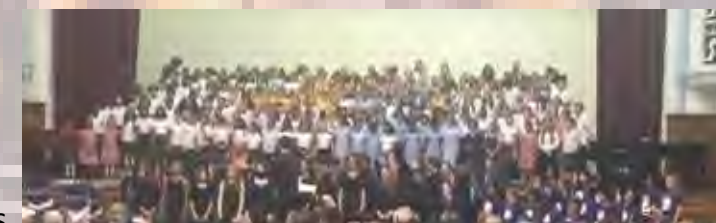
On Thursday 21st June, the Choir left school at 3.30pm and travelled down to Hammersmith Town Hall to partake in Hounslow Music Service's annual singing festival. Once a year, the Music Service showcases the music that has been taking place in the borough as they bring together the primary schools to become a 'super' choir of over 250 children singing together.

St Mark's was one of two secondary schools asked if they would like to be involved, with Isleworth and Syon being the other school. St Mark's and Isleworth and Syon provided the harmonies and more complex parts to the concert.

The first piece the choir sung was by the contemporary composer Kerry Andrew called 'No Place Like'. The song focuses on recreating the sounds of urban life through part-harmony singing, beat-boxing and body percussion. Students gave a captivating performance where they replicated the sounds of tweeting birds (and phones), cars and the general sounds of their city.

It was great to see Jamie Cavill wave the St Mark's flag by playing the piano in the jazz band in conjunction with all his choral commitments!

The last song of the concert was 'This is Me'. To hear this song brought to life with a live band and over 250 students was phenomenal. As you would expect, the whole Town Hall was on its feet giving the students a well deserved standing ovation!





# HENGISTBURY HEAD



On 13th and 15th June the Year 10 GCSE Geography groups went on a visit to Hengistbury Head to look at all the diverse sea defences in the area. Hengistbury Head is a headland jutting into the English Channel between Bournemouth and Mudeford and has a sand and pebble beach. The surrounding grassland was declared a local nature reserve in 1990 and is protected as a special area of conservation due to it being environmentally sensitive. The area provides a varied habitat for various birds, insects and plants that are critically endangered. One serious threat to the existence of Hengistbury Head is erosion caused by wind and rain as well as by the sea through long shore drift. The main focus of our trip was to be able to see what sort of drastic change erosion can have on our environment as well as how it can be stopped.

The day started at 8:30 when we boarded the coach in preparation for the two and a half hour drive to the coast. We arrived at the beach amidst the clouds but it brightened up soon enough. To work out the rate of long shore drift we measured the different heights of the beach on each side of the groynes. We were able to tell that the defences on the beach were well maintained as some parts were much newer than others. We walked past the cliffs where we could see the different



layers of rocks that had built up over the years. In amongst them we could see the different species of birds fly in and out of their nests within the cliff face. As we continued walking next to the cliff face we could see where areas of the cliff had fallen through due to erosion. Once we reached the long groyne we stopped for lunch. As we had been walking the sediment on the beach had changed drastically, from large rocks to sand with a few pebbles.

After lunch we continued our walk to Mudeford Spit which had various rainbow coloured beach huts with a low sea wall and rubble groynes to protect them from coastal

erosion as well as flooding. On our walk back we went through the nature reserve and had a plethora of wildlife surrounding us. Over the course of the day we all walked approximately 6km. Before we got on the coach back to school, we helped the local economy by getting ice cream and cold drinks from the local beach café. A productive but thoroughly enjoyable day was had by all.

The important message we will take away from this trip is the knowledge we have of all the work going into securing this unique natural habitat for generations to come.

By: Cora Beatty 10Ca



# SPORTS AWARDS EVENING VICTOR LUDORUM 2017/2018



**Michael O'Neill**

Honours

London all-round  
champion

Silver – Malar Cup

Silver – Floor – Prague  
Grand Prix 2017

5th England Under 18 –  
Floor

Irish Champion Under  
18 - 2018

Michael O'Neill – Year 12  
- competed in a gymnastic  
competition in Dublin,  
Ireland on May 12th 2018.

He came first overall,  
making him Junior  
Under 18 Irish National  
Champion. His team also  
came first.  
He has been asked to train  
with the Irish senior team  
in Dublin at the end of July,  
and hopes to represent  
Ireland in the European  
championships taking place  
in Glasgow in August 2018.



# St Mark's

## Year 8 Rounders

A squad of 23 girls were taken to the Y8 rounders tournament and two teams were entered. Some fantastic rounders was played throughout the afternoon with one of the St. Mark's teams progressing out of the league stage and into the semi final where they faced Heathlands, a very close game that was won by St Mark's! This led to a final encounter against Heston School. Some outstanding fielding and batting by the St. Mark's team, led to victory by 2 rounders! Borough Champions!!! Very well done!! Well done to all the Y8 girls that took part that afternoon!



The team played their last league game yesterday, winning 4 games out of 5 and narrowly losing by only 1 rounder in the game they lost! A fantastic rounders season!

## Year 9 Rounders

A tremendous effort by the Y9 rounders team in the annual rounders rally! The team has certainly improved this year and the fielding particularly, is second to none! Slick catching and throwing preventing the opposition from scoring and the ability to hit deep into the field has allowed the team to accumulate more rounders this year than before. Unfortunately, the team missed out on a semi-final place this year, by one point! However, some fantastic rounders was played and a great team spirit demonstrated!



In the Y9 league the team have won 2 games out of 3, with 2 games still to play. I believe they definitely have the potential to win their last 2 games and secure a top position in the league.

## Year 7 Rounders Team



## Year 10 Rounders Team



# Sport



## Year 7 Girls Super 8's Athletics Silver Medalists

### Sport and Maths Leadership at St. Michael and St. Martin

The future GCSE PE group in Year 9 went to St. Michael and St. Martin Primary School to help run a cross-curricular event which involved a series of physical activity challenges and games being linked to Maths questions and problem solving.

Our students carefully explained each activity to the enthusiastic students before helping them with their Maths questions.

The day was a great success with our students being a credit to the school. It is hoped that further partnerships can be developed and further opportunities for our students to display their leadership skills can be utilised.

### Rowing partnerships continues to thrive



Our students have again had the opportunity to access free rowing sessions, supported by our rowing partner London Youth Rowing. Students have been able to have free coaching in the beautiful surroundings of Osterley Park and have really developed their skills!

It is hoped that this partnership will continue next year and that it can be opened up to more students in different year groups.



## Borough Athletic Championship 2017/2018



### ATHLETIC RECORD BREAKERS 2017/2018

Year 7 Girls' Hurdles – Alisa Aurangabadwale – 13.2s  
 Year 7 Girls' 800m – Olivia Richards – 2m47s  
 Year 7 Girls' High Jump – Martyna Barnas – 1.30m  
 Year 9 Boys' Discus – Leomar Zaballa – 19.97m  
 Year 9 Girls' Relay – School Team - 56.8s  
 Year 10 Girls' Discus – Francesca Williams – 22.06m  
 Year 10 Girls' Shot – Francesca Williams – 8.40m  
 Year 10 Girls' Relay – School Team - 59.4s



### Borough Athletic Champions 2018/2018

Year 7 Boys' 300m – Kevin Rozario  
 Year 7 Girls' Hurdles – Alisa Aurangabadwale  
 Year 7 Girls' 800m – Olivia Richards  
 Year 7 Girls' High Jump – Martyna Barnas  
 Year 8 Boys' 1500m – Christopher Garcia  
 Year 10 Girls' Discus – Francesca Williams  
 Year 10 Boys' 100m – Nathan Anum

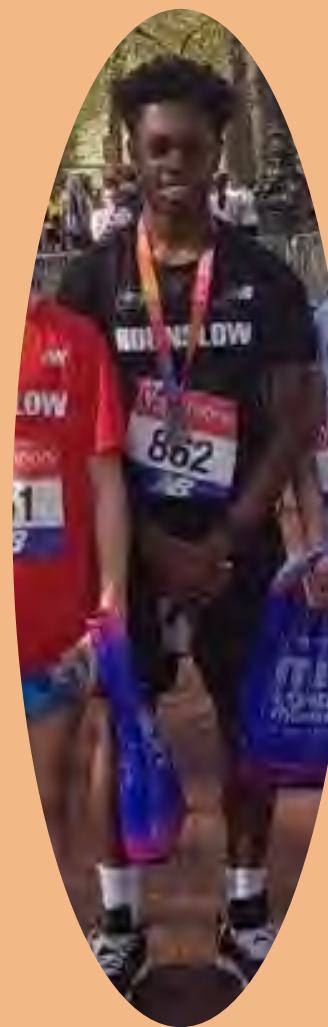


### Mini Marathon Press Release 2018 (from London Borough of Hounslow)

The Virgin Money Giving Mini London Marathon is the official British Athletics 5km road championships for young athletes aged between 11 and 17.

This year's Virgin Money Giving London Marathon saw 1056 youngsters run the last 5km of the main marathon course. Runners finished in the Mall just ahead of the elite marathon runners. Hounslow were represented by 32 young runners and had some outstanding results.

The top performances of the day were by Jonathan Bartholomew in the Under 17 boys race who ran an impressive time of 16.58 and finished 37th, closely followed by Christopher Garcia who ran the under 13 race in 17.42 finishing 8th.



A special mention must go to Isaac and Gabriel Phelan who raised £568 for the charity 'Mary's Meals'. The money raised will help roughly 40 children to be able to attend school and receive a meal a day for a year.



Many congratulations to Grace Dorsey who won a Bronze medal at the NDP and IDP, Disability category National Finals, in Acrobatic Gymnastics. The competition took place in Stoke on Trent and Grace beat three other National finalists. Very well done!





# Luis Gill – My ambition to fly

On 2nd February 2018, my mother was emailed by Virgin Atlantic. They were offering 24 young people aged 12-17 a position for a one-week scholarship at the U.S National Flight Academy located on the Naval Air Station, Pensacola Florida. This position would, under normal circumstances, cost up to 1,250 USD. Fortunately, this will be prepaid by Virgin Atlantic and Delta Airlines. Such an opportunity is only available to Virgin Atlantic employees which is why it is so rare.

The scholarship would be covering the core STEM subjects (Science, Technology, Engineering, and Mathematics) “connecting students to the exciting world of aviation”. Students at the NFA are known as ‘AMBITION eXperimental Pilots’ or AXPs. I would live on board the world's largest virtual aircraft carrier and experience “theme-park style thrills” and plan, execute and fly reality based missions using advanced technology to “ignite” our imagination and “encourage learning”.

In order to gain a place on this course I had to first create an application. I had to make a 1-3 minute video explaining my answer to the question “How to get to space?” and then post it on to my YouTube channel for them to view and judge. I tried to provide a sense of humour and creativity as well as facts into my video since these are fundamental components of a good astronaut or pilot. I did this by using my knowledge of real life theories and laws of physics, such as retrofitting an EM Propulsion drive to a Lancaster bomber, what is the escape velocity and can a fire extinguisher reach up to it? On May 23rd, after what felt like years they informed me that they have given me a space on their program. Virgin Atlantic have up to 8,875 people working for them so I felt very lucky

On the 17th of June my father’s friend who is a flight instructor offered me the opportunity to fly his plane as captain with him as the co-pilot. Of course I jumped at this chance and accepted. He flew a Cessna G-BIJV model which was made in 1981 which means it had seen better days, but it flew safely which is all that matters. I successfully lifted off, lapped the area, prepared to land but aborted due to another plane occupying the runway, lapped the area again, and landed the plane with minimal guidance.



# Karen Gibson

The staff and students at St Mark's were delighted to see friend of the school, Karen Gibson, at the Royal Wedding leading her Gospel Choir "Kingdom Choir" in a stunning rendition of "Stand By Me," by Ben E. King. Ms Gibson has led Gospel Workshops for our Whole School Choir. St Mark's students loved taking part in her workshop and described Karen as "incredible, inspiring and awesome".



# STEP INTO DANCE

On Thursday 10th May the St Mark’s Step into Dance team travelled to the Lady Margaret School in Hammersmith to present and perform the choreography they had been working on with Step Teacher, Maria, to an audience of fellow dancers, family and friends at the Spring Sharing. The day began with a quick sound and lighting rehearsal on the stage we were due to perform on later in the evening. This was the first time for many of the dancers in our group to be performing outside of the dance studio.



Once the rehearsal was complete we returned to the prep rooms to put on our costumes and makeup. During the time leading up to the show we had a chance to socialise with other dancers outside of our step group, make new friends and watch other people rehearse their dances. As it came closer and closer to the time to perform, tensions began rising and nerves bubbling. Then we were given the cue to start getting into position. As Casey and I are ambassadors we were given the responsibility to host the whole show, which included introducing all dances and welcoming the Mayoress and other guests to the show. We began feeling unsure, but the crowd was so welcoming and enthusiastic we soon gained confidence with presenting and ended up having as much fun as the audience. The St Mark’s performance was energetic, entertaining and filled with smiles; all the girls performed incredibly. Before we knew it the show was coming to an end and we were announcing the thank yous. The Spring Sharing was an incredible experience that I am glad I was a part of.

Cherie Amponsah

# St Mark's whole school photograph - the before.....





# Yr 12 Product Designers help improve literacy at St Michael and St Martin's



Jeffrey Igbokwuwe



Catherine Sunga



Dylan Fernandes



Jordan Manangan

Since November there has been a buzz of activity in the DT workshops. Years 11 and 13 have been working with gusto to complete their practical pieces for the Controlled Assessments. There have been some creative and well designed and manufactured solutions to a host of design opportunities. Unfortunately as these will not be marked by the exam board when this edition of Veritas goes live we have not been able to show any final outcome here. Do look out for them in a future edition.

Our Year 12 designers have also been busy working on their design brief: engaging Primary school students to read. This was a live brief with real clients, the students of St Michael and St Martin's Primary school. In November Year 12 visited St Michael and St Martin to meet their clients and undertake a site visit to better understand their client's needs.

Over December and January, the designers were busy exploring concepts through sketches, scale models and Computer Aided Design tools. In February Class 5B visited St Mark's and met with their designer to evaluate the concepts and provide feedback on how the design could be further refined before Year 12 students began to bring these designs to life.

Throughout the months of February, March and April Year 12 designers were busy in the workshop with many of them using time outside of their lessons to manufacture their chairs. Lifelong knowledge, skills and understanding of manufacturing techniques have been developed during this phase of the project.

May saw Class 5B return to St Mark's to test the final chairs. They were just as excited as our young design engineers were. This final meeting gave the opportunity to evaluate the successes and identify further opportunities to improve the product. Once these modifications have been made the chairs will be delivered to Class 5B.

This has been a fantastic opportunity for the Product Design students to tackle a real-world brief and deliver to clients who have high expectations.



Jerome Gorleku



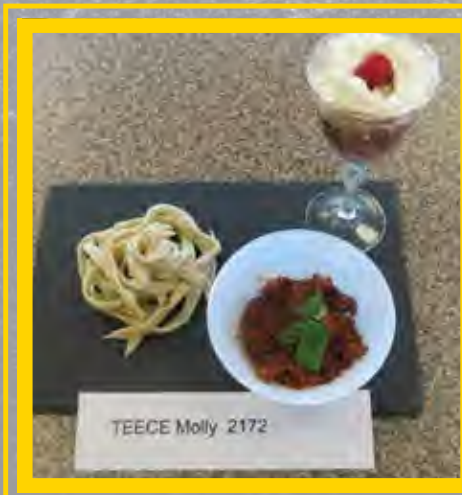
Cristian Aldariz Ramirez



Matthew Cortez



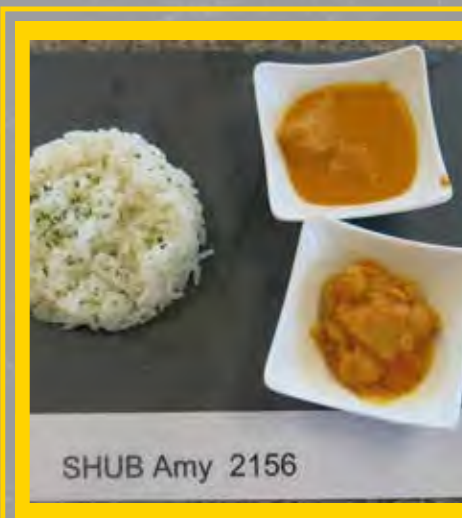
Christina Newton



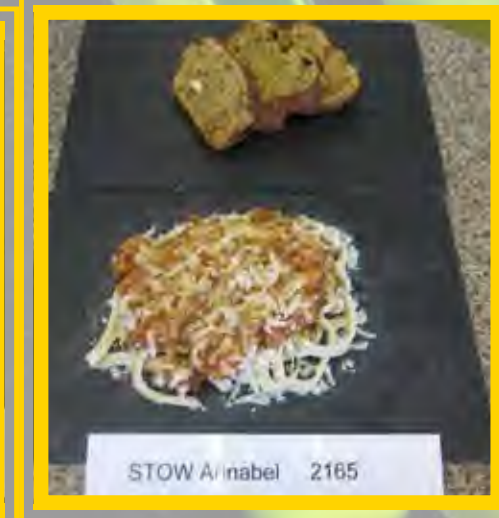
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MUCHIRI Casey 2118



SHUB Amy 2156



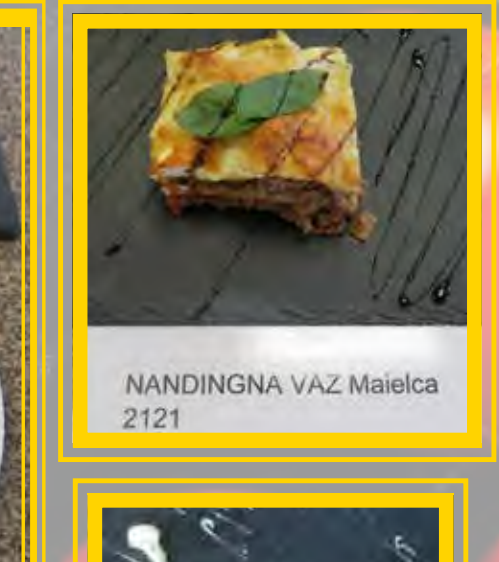
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ASANTE-APPIAH Yasmin 2009



WICINSKA Nikola 2185



NANDINGNA VAZ Maielca 2121



NKUO Bih-Fulai 2126



## YEAR 10 FOOD EXAM





# YEAR 10 GCSE FOOD PREPARATION & NUTRITION

## DECORATE A TEACAKE CHALLENGE

