

# ParkLife

50th Issue

THE NEWSLETTER OF SEAFORD COLLEGE



## Talent takes centre stage



Everyone is embracing the Johnson Centre

THE new £3.5m Performing Arts and Sports Centre – the Johnson Centre – has quickly become an integral part of life for all students at Seaford College since it was officially opened by Old Seafordian Gareth Neame OBE.

It is named in honour of the Reverend Canon Charles Johnson, who was Headmaster at Seaford for 44 years, and his wife Joscelyn. Gareth is an Emmy, Golden Globe and BAFTA award-winning producer and is the executive producer for Downton Abbey.

Gareth praised Seaford, saying: "I was honoured to be asked to open the Johnson Centre. Seaford College was the making of me. Above

everything else it taught me self-confidence and independence which are tremendously important in the business I went into, so I have a lot to be grateful for. I visited the College in the summer and I was incredibly impressed by the range of facilities available to pupils today. Seaford has always had excellent sport but now it was the calibre of the Music and the Art & Design departments that really struck me."

The official opening and blessing was followed by an impressive variety of performances including the College's chapel choir, funk band, soul band and wind quartet, alongside a lyrical contemporary dance and



It's all about an all-round education and every pupil aged six to 18 will benefit from the facilities here.

**HEADMASTER JOHN GREEN**

**TOP FACILITIES:** Students are pictured making the most of what the centre has to offer. Main photo, Tori Fitzpatrick performs a lyrical contemporary dance at the centre's official opening.

a short scene from a play which was commissioned for the event. The vibrant evening ended with an impressive firework display.

Director of Performing Arts, Sara Reynolds, said: "Gareth's anecdotes about his years as a student here under Charles and Joscelyn were truly heartfelt and full of sparkle and wit that the Johnsons would have loved."

### Top performances

"Having known both Charles and Joscelyn personally, it was a very emotional night for me, honouring them, so I was determined that the performances ought to be of the highest calibre. The students, as

always, did not disappoint – it was a spectacular night full of high class performing arts."

Headmaster John Green said: "The Johnson Centre is a £3.5m investment in the facilities at Seaford. It's all about an all-round education and every pupil aged six to 18 will benefit from the facilities here."

Su Sayer CBE, daughter of Charles and Joscelyn (who is also Seaford's Vice Chair of Governors) spoke warmly of her parents, saying: "They would be thrilled to see this wonderful Performing Arts and Sports Centre, together with the integrated sports facilities and climbing wall."





## Looking back

Park Life clocks up half a century of issues

# 50 UP!

# Academy is popular attraction



Rugby Academy students pictured with John Green (back left), Tony Diprose (centre) and Richard Hill

SEAFORD College has welcomed some big sporting names to the school since the appointment of ex-junior rugby international John Green as head of PE.

Mr Green, who was the Saracens Player of the Year twice in succession, organised a highly-successful rugby course at the college during the Easter holidays, when Richard Hill and Tony Diprose came along and gave pupils the benefit of their expertise.

Richard Hill plays for England and is a member of the British Lions while Tony Diprose is an England international and plays for Saracens.

The course was so successful — attracting 80 youngsters instead of the anticipated 40! — that a second course was arranged in August.

Under the banner of Sussex Rugby Academy, youngsters from ten to 16 were given top quality coaching by RFU coaches and youth development staff, along with guest senior and former international players.

"The aim of the course was to give young players the opportunity to develop their skills and understand

## PROFILE

JOHN Green joined Seaford College last year from Ardingly. Prior to that, he was at Barry School in South Wales.

Educated in Cardiff, Mr Green lived and played rugby in Wales for nine years.

He earlier played for England U16s, England U19s, England U23s and for the Students, Saracens and Neath.

He was Saracens Player of the Year twice in succession, before retiring from professional rugby in 1997.

Married to Gian, who comes from Swansea, the couple have two children, Megan, five, and Ailsa,

of the game in a safe and enjoyable atmosphere," said Mr Green.

Seaford College is fortunate in not only having John Green on the staff, but also ex-Scottish international and British Lion Bill Cuthbertson — a formidable duo!

two. From this term, Mr and Mrs Green will have responsibility for Mansion House, the girls' boarding house.

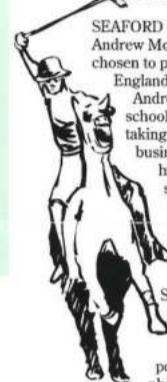
Although Mr Green has not yet spotted any international potential among Seaford's rugby players, he has high hopes of the current U14s.

He said: "The 1st XV won ten out of 14 games last year and did very well indeed, particularly when you consider they were playing against some schools almost double the size of Seaford College."

"The U14s are a very strong side and should come through well in the next couple of years, given the right encouragement."

The Rugby Academy is certain to become a regular feature at Seaford, which is exploring a number of possibilities for introducing local youngsters to its top-flight sporting facilities, especially its all-weather hockey pitch.

## Top shot at polo



SEAFORD sixth-former Andrew Monro has been chosen to play for the England U21 polo squad.

Andrew, 18, who left school this summer, after taking A-levels in business studies,

history and theatre studies, lives in Dorset, where his family own a number of polo ponies.

Andrew came to Seaford College for his sixth form, after studying at Millfield, where polo was being phased out.



As a skilled polo player whose ambition was to play at Cowdray, Andrew was delighted when Seaford said they would do all they could to help him fulfil his aspirations.

Last summer, Andrew took part in a four-week tour of New Zealand with the England Juniors and, following his success on the field, was selected to play for this year's U21 squad.

Park Life's first issue reported how current Headmaster John Green made an early impact at Seaford when he arrived as Head of PE and an English Teacher

## First issue shows how Seaford's ethos still stands the test of time

THIS is our 50th issue of the Park Life newsletter! To mark the occasion we thought we'd look back through that very first issue and see what was happening at Seaford College.

While the look of the newsletter may have changed since that first issue (there are more pictures and more pages now) there's a lot of content that wouldn't be out of place in today's Park Life.

Back then pupils were doing well academically just as they are now; and the new boarding facilities for girls reported in Issue 1 was another step in Seaford's exciting journey that still continues today.

Stories of sporting success abounded then, as they do now, and there was coverage of Seaford's continuing investment in new facilities — in the first issue it was the all-weather hockey pitch, which is still in fantastic

condition. In this issue our front page features the opening of the Johnson Centre, Seaford's new state-of-the-art Performing Arts and Sports Centre.

### Still a caring community

So, what can we learn from all this? That, while Seaford College is heading onwards and upwards to new heights, the ethos and care that pushes the school forwards have

not changed one bit. The school is still about driving all our students to succeed, in all their passions, and dedicated to investing in new facilities to give them the most well-rounded education possible.

Finally, we thought it was quite fitting that our current Headmaster, John Green, also appeared in that first issue. Back then, John was Head of PE and an English Teacher at Seaford, and was the subject of a profile piece!

## Academic news

# Lectures ignite passions

A SERIES of lectures in London provided a stimulating way of revising texts for Year 12 and 13 English Literature students, as well as giving them a taste of what academic university life would be like.

The students were attending Lecture Days on 'Frankenstein' and 'The Handmaid's Tale', organised by Sovereign Education in central London.

The four lectures on each day were 45 minutes long, with students expected to make their own notes. However, perhaps the most important part of the learning process was about the lecturers themselves.

All were academics, many from Russell

Group universities including Warwick and Nottingham.

However what Seaford English teacher Susan Roberts found fascinating was the diversity of presentations.

"One on 'The Handmaid's Tale' was engaging, interesting, informative and perfectly pitched.

"The most entertaining of the presentations came from a lecture on Exploration and Discovery in Frankenstein, where after a somewhat awkward beginning the lecturer managed to transform his presentation into a totally compelling lecture, worthy of the rapturous round of applause he received

at the end. He even apologised for the beginning of the lecture.

"What did we learn from the experience? Probably not a great deal that we didn't already know about the texts, which in itself was reassuring. However, lessons were learned about the importance of presentation, planning and delivery; the importance of not judging a book by its cover; that you should apologise for mistakes made... and that Mrs Doy is an amazing driver!

"And lastly, that passion and love for your subject should never be condemned but should be valued and cherished."



LITERARY INSIGHT: English students James Thomson and Rosie Youngman with Professor John McRae from the University of Nottingham.

## Stay in touch with your Seaford life

IT'S often said that your school days are the happiest of your life and at Seaford we have always tried to ensure that this is the case.

We think this is why so many alumni have such fond memories of their time at school and enjoy returning to visit us when they are in the area.

We recently launched a new website for our alumni, to help them reconnect with old classmates, hear about the great things still going on at Seaford and find out about alumni events.

The website also features interviews with some alumni, finding out what they have achieved since leaving Seaford College and hearing the great advice they are offering to our current students.

It's been a great success with nearly 800 past students already signed up. As some of our current students are leaving us at the end of this year, we encourage them to sign up in order to stay in touch.

● Visit: [www.seafordalumni.org](http://www.seafordalumni.org)

"Don't be afraid to make mistakes. You can't succeed in life without making a lot of them. Just make sure to take the right learning experiences from them and you will grow in experience and confidence."

STEPHEN CRONK (1977-1982)



## A taste for languages

A NUMBER of Seaford students attended the European Language Day.

The aim was to put the pupils under pressure to sell a product — in this case cheese — to a panel of judges in a foreign language.

Year 10's Sam French enjoyed the challenge so much he'd love to do it again.

"It was absolutely amazing. My Spanish speaking skills were tested to their limits and I was impressed with what my team and I achieved. There was a time limit for all of the tasks to make it even more realistic and to add even more pressure. I feel that our team performed very well in the stressful situation."



## Pastoral

# The door is always open to offer reassuring words

THE mental health of the UK's children is increasingly under the microscope, with studies showing that more than half of mental health problems are established by the age of 14.

Given the pressures facing children and adolescents in today's society, it's not surprising. Discovering who they are, uncertainty surrounding their futures, peer pressures, as well as the stress and anxiety caused by exams, are all contributing factors. And for all its positives, social media can heap even more pressure on children.

Seaford College puts as much emphasis on mental health as physical wellbeing.

"Without stable mental health, pupils aren't going to develop and learn in the classroom. Its importance is widely accepted now in a way it wasn't in the past, and pupils and parents are now more willing to speak up and ask for help," said Tim Gregory, Seaford College's Child Safeguarding Officer.

### Safe environment

Seaford has its own dedicated pastoral management centre, called the Pink House. Located in the middle of campus, it is designed to be a comforting, safe environment, and even comes with its own dog, Poppy. Everyone is welcome to come and talk about anything, from homesickness to something more serious.

"We have a school counsellor, and the Pink House is manned every day," said Diana Strange, Director of Pastoral Care and Welfare. "There's constant monitoring at all levels, from peers, tutors and other teaching staff, and we have regular pastoral meetings."

The contact number for the Pink House is prominent around the school, and pupils are also encouraged to look out for their friends.

### Warning signs

"There are students who won't come to us because they feel self-conscious," said Tim Gregory, "but their peers might come to us and say their friend is struggling. We have Peer Mentors in both the junior and senior schools, who are trained externally at the start of the academic year to pick up on warning signs, look after young people, talk to them and then inform us." (See below).

Seaford also has a policy in the boarding houses to counteract the overuse of social media, particularly at night, and teaches sensible use of technology to our students.

Exam season brings a whole new heap of pressures for students, but the school anticipates this and is fully



**PASTORAL SUPPORT:** Diana Strange says the welfare of students is constantly monitored at all levels . . . with the help of Poppy of course

**Our pastoral care is above and beyond many other schools because we are open and honest about the pressures that young people face.**

**DIANA STRANGE**

prepared for a greater number of pupils asking for support.

"Our pastoral care is above and beyond many other schools because we are open and honest about the pressures that young people face," added Diana. "A big part is managing to get the children onboard and make them realise they're not the only one who feels this way. Parents are welcoming of this attitude and they find it very supportive. The level of care and open culture comes from the Headmaster, John Green."

## Peer Listeners provide a welcome shoulder to lean on



THE Peer Listeners, also known as Peer Mentors, are a volunteer group of around 25 Lower Sixth Form students who support younger pupils.

Recognised by their light blue badges, they are trained by the Pink House – Seaford's pastoral management centre – and are then available for students to talk to any time outside the classroom.

The Peer Listeners are able to choose where to operate; half of the group make themselves available in the senior school and can be seen, for example, chatting to students in the common rooms or Pink House. Half of them have volunteered to support children in the Prep School where they will be on hand at

break times – some even run clubs for the pupils which are really popular.

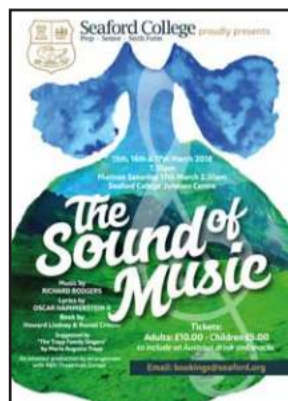
The Peer Listeners are often drawn to the role because they have struggled in the past to deal with issues such as anxiety, bereavement, friendship difficulties and family separation. This gives them a clear understanding of the issues many younger students are grappling with and forms another layer of pastoral support below the Pink House and tutors.

Children sometimes find it easier to approach a Peer Listener than a member of staff to chat over a problem and, as extra pairs of eyes around the school, the listeners often alert the Pink House if they spot a student who appears to be struggling or vulnerable.

**GOOD TO TALK:** Headmaster John Green takes tea with Seaford's Peer Listeners



## Performing Arts



# The Downs are alive with the Sound of Music



SEAFORD College's production of The Sound of Music was the first musical in the Johnson Centre, Seaford's new Performing Arts and Sports Centre, and it was a triumph!

There was a huge team involved across Seaford's three schools with Years 2-13 taking part. Students young and old benefited from working together on the production, creating friendships and bonds that they'll remember forever.

As we see in many areas at Seaford, the older students became mentors for the younger students and helped them develop their acting, singing and dancing skills.

Many members of the audience commented that the production rivalled the West End, with some families coming back to see the show on several nights.



What was wonderful was that the number of children that got involved were equally balanced between the Prep School and the Senior School.  
**Sarah Reynolds,**  
Director of Performing Arts

I loved working with the different age groups. I still go down to the Prep School now and see them.  
**Ross Donaldson,**  
Captain Von Trapp

It was really nice to help the other children in progressing their acting. It was a real honour.  
**Lexie White,**  
Mother Superior

What has been so nice is seeing our Sixth Formers mingling with the little ones in the Prep School.  
**John Green,** Headmaster

## CCF

# A chance to remember the fallen and renew friendships

SEAFORD College welcomed Old Seafordians back to the College for its annual Remembrance Day Service and Parade.

More than 1,500 current pupils, alumni and family members attended the service which was led by the Reverend Canon David Nason.

As well as the chance to honour the fallen, the day provides an opportunity for Old Seafordians to return to the school and catch up with each other.

As part of the ceremony of remembrance Year 10 student Sam French delivered the sounding of the Last Post, and CCF Cdt Henry Bedford

and Cdt Lourdes Velasco read out the names of all Old Seafordians who gave their lives in the two world wars. Cadets then laid wreaths commemorating the two conflicts and Sam delivered the sounding of the Reveille.

Following the service, Old Seafordians were able to catch up with each other, current students, and with staff.

A number of Seaford students went on to take part in the annual charity walk.

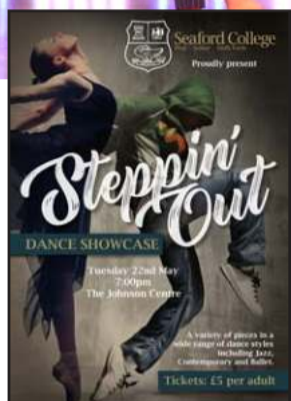
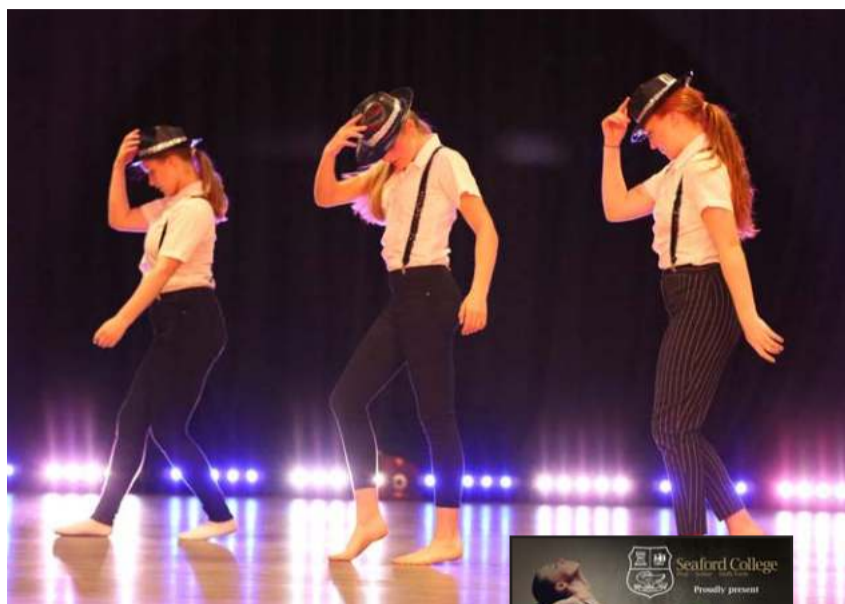
It's also a tradition at Seaford College for some Old Seafordians to take part in matches against current

pupils. This year, not only did we have two hockey matches – Old Boys and Old Girls versus their current counterparts – but a number of Old Seafordians played against each other in a game of touch rugby.

As the games were taking place, a clay pigeon shoot involving Old Seafordians was underway at the Gun Club. Old Seafordian James Walker has only missed one Old Boys shoot in 31 years since leaving the school.

It was great to see so many people at Seaford College on Remembrance Sunday, and our Alms Collection raised more than £2,200.





## Everyone steps up to the mark

SEAFORD College showcased all its dancing talent in the Johnson Centre for the first time when it staged the hugely successful Steppin' Out production.

The show featured a variety of pieces in a wide range of styles including, jazz, contemporary and ballet. It was a showcase of all of Seaford's extra-curricular clubs and some GCSE classwork, with students from Years 4-11 performing.



## School trips

# Impressed by Mayor

In celebration of International Women's Day, some of our Year 9 and 12 students went up to London to attend the Women of the World Festival. They met a number of inspirational speakers but were most impressed with Mayor of London Sadiq Khan, who talked to them about feminism and how everyone needed to be involved to make a change. A great day, giving the girls an opportunity to network and to think about their futures.



## Viva España is the verdict



STUDENTS visited Malaga and Granada as part of their trip to soak up the language and culture of Spain.

It was a packed itinerary with plenty to do, including Flamenco dancing, cooking paella and eating pizzas!

The trip also provided the opportunity for students to engage in conversations with shopkeepers, the local community and their guide.

"¡Lo pasé bomba! The trip was absolutely brilliant. I enjoyed every minute of it," said Year 10's Sam French.



## CCF looking sharp

EVERY two years CCFs are inspected by the MOD to ensure they are fulfilling their remit "to provide a disciplined organisation within a school so that young people may develop powers of leadership by means of training to promote the qualities of responsibility, self-reliance, resourcefulness,

teamwork, endurance, perseverance and a sense of service to the community."

Seaford College CCF was inspected by a senior RAF Officer and his team in March this year. The sunshine showed our CCF at their very best, well done to everyone involved.

## Digger adds his voice



LONDON Irish Rugby Club's mascot – Irish Wolfhound Digger – dropped into the Recital Room at Seaford to sing 'Fields of Athenry' with the choir! It was all part of the build-up to the College choir performing at half time during the London Irish St Patrick's Day match against Gloucester at Reading's Madjeski Stadium.

# Prep School News

## Characters at every turn

THE Prep School didn't let a little snow get in the way of its World Book Day celebrations. Some of the activities were just moved into the following snow-free week.

Events kicked off with Adisa, a performance poet, who wowed the children with his high-energy performance poetry during an interactive and inclusive workshop. He played some fantastic games to get their creative juices flowing.

On World Book Day itself, pupils shared their favourite books, enthusiastically reading an excerpt and explaining why they liked the book.

Once the snow had melted the children and staff were able to showcase their costumes in all their glory – there was no end to their imagination!

Following its success last year, the Prep School ran a book swap, where pupils brought books into school that they wished to swap. To buy one, pupils and staff just had to donate 50p. All money raised went to the Anthony Nolan Trust.

Our World Book Day Quiz was a great success with lots of teams competing, showcasing their literary knowledge! The two winning teams were – Unicorns (Year 6 girls) and The Clueless Nannies (Year 8 boys).



## Meet the Head

Prep School Head Alastair Brown has brought a wealth of experience, innovation and energy to the school since taking up the position three years ago. He believes that every child can reach their personal bests with a smile on their face. Here he tells us more:

### How would you describe yourself?

I'm very approachable. I believe in high quality communication with pupils and parents, and I like to make myself accessible at drop-off time and at the end of the day. I think that school should be fun and that academic success is a by-product of good education. This is important because children's self-esteem in one area spills into another, enabling them to express themselves and make progress. This is one of the reasons I was attracted to working at Seaford Prep; the pupils have a wealth of opportunities to be creative, try out new activities and to discover new talents.

### Why is Seaford Prep proving so popular?

Seaford offers a breadth of choice to meet the needs of the whole family and our focus on the individual is proving to be very alluring. This focus is both in and outside the classroom, allowing families to send all of their children to one school. Students benefit from our location; whether it's training on our first class sports facilities; enjoying the woods at forest school; having a music lesson in the dedicated Music School; or taking our pastoral dog for a walk.

### It sounds like a busy three years in your role as Head of Seaford Prep, how do you like to relax?

I enjoy classical, choral, popular and jazz music and I play the trumpet. I played national league hockey and county second level cricket, and take a keen interest in the sports teams at Seaford. I also enjoy relaxing with my family.

## Blown out of the water

FINLAY Richardson, one of Seaford's youngest students, has achieved something rather incredible – smashing this year's UK record in the junior 400m medley by more than a minute!



The young swimming superstar returned from his class residential trip only to head straight back out the door to one of his weekly training sessions. Little did he know he was going to be asked to do a time trial in one of the hardest disciplines there is, the 400m medley. The race consists of 100m backstroke, 100m butterfly, 100m breaststroke and finishing with 100m freestyle. We look forward to seeing what the future holds for Finlay.

## Cormorants fly off with the silverware



AN awards evening was held for the Chichester Cormorants Club Championships. Some Prep School pupils are members of the swimming club and had taken part in the competition – they are pictured here with their trophies and medals.

Among the winners were: **Lili Doubler**, bronze medals for the U12 girls 50m freestyle and 50m fly; **Bethan Potts**, gold for the U12 girls breaststroke and bronze in the individual medley; **James Potts**, gold for the U12 boys individual medley, 50m fly, 50m backstroke, 50m breaststroke and silver for the 50m freestyle; **Eva Doubler**, gold in the U10 girls 50m freestyle, 50m backstroke and 50m fly.



One scrummy lesson!

CHILDREN in Years 2 to 6 had a wonderful time when chocolate supremo Jen Lindsey-Clark dropped in to the school. Jen is a chocolate maker, chocolatier and artist, and it is fair to say that a fun time was had by all during her workshops.



## Sport



Children in Years 2 to 6 were involved in a maths problem-solving workshop which involved plenty of teamwork, learning and hands-on fun.

## Community spirit earns royal date

YEAR 7's Iris Randall had the exciting opportunity to meet the Countess of Wessex at the launch of Dementia Support in Chichester.

Iris was invited to attend the royal opening through her volunteering work.

As well as being a volunteer Iris also came up with a name for part of the hub (Forget Me Not Lane) and as a result was asked to attend the royal opening of Sage House and give the Countess of Wessex a present.

Iris's mum, Becca, said: "Iris did a wonderful job and made endless cups of tea for people with dementia and ran tours of the Dementia Hub for people, including county councillors, nurses and the High Sheriff. She even received a hug from her Royal Highness!"

Headmaster John Green added: "It was a very deserving experience for Iris. Community work is very much part of the ethos at Seaford and it's good to see students giving time to important causes."



WEALTH OF EXPERIENCE: Shaun Edwards puts the players through a drill during his intense training session

## Coaching legend Edwards inspires on and off the field

SEAFORD'S rugby players were delighted to have a two-hour training session with coaching legend Shaun Edwards OBE before he took up his duties later that day as one of the guest speakers at the Annual Sports Dinner.

Shaun made his name in Rugby League playing for Wigan, England and Great Britain. He won eight Challenge Cups and three World Club Championships and was voted Man of Steel in 1990, before switching codes for a hugely successful coaching career in Rugby Union.

He was Defence Coach on the 2009 Lions tour of South Africa and after ten successful years as Head Coach at

their paces in an intense session and gave them some real insights to help improve their game.

"It's fantastic to see the intensity and passion he brings, and our boys responded massively to that," said Liam.

The students involved found the session tough, but highly enjoyable.

"I think it was brilliant," said Year 13's Alfie Ransom, the First XV Captain. "He brought a new intensity to our rugby. He showed us how to take our defence and turn it into a way of attacking a team, and to be honest I think for the boys that are lucky enough to be playing here next year, it's going to take their game on leaps and bounds."

What I was most impressed with was their coachability. They seemed to take information on board very quickly, and react accordingly. SHAUN EDWARDS

It was brilliant. He brought a new intensity to our rugby. ALFIE RANSOM

Wasps he is now Assistant Coach for Wales.

England cricketer Anya Shrubsole MBE was also a guest speaker at the dinner, an annual event to raise money for Seaford Sport. It was a fantastic evening with more than 280 guests in the Johnson Centre.

Liam Doubler, Seaford's Director of Sport, said: "I'm old enough to remember Shaun playing as a youngster, playing countless Challenge Cup Finals with Wigan. So it was really great to meet him."

It was clear from the outset that Shaun wasn't going to take it easy on the boys. He put them through

After the training session Shaun was full of praise for the players.

"What I was most impressed with was their coachability. They seemed to take information on board very quickly, and react accordingly. I asked them to do a couple of specific things and they virtually got it straight away."

Head Boy Nicholas Caines loved the opportunity to train with someone of his calibre, but he was certainly feeling the effects of the session later on, as he was one of our students serving tables at the Sports Dinner that evening.

"Walking around serving tables at the sports dinner was very hard, I could certainly feel it in my legs!"

## MUSICAL TALENT BRINGS THE HOUSE DOWN



AN incredible array of talent was on display in the House Music Competition. Congratulations go to the overall house song winners – Springfield – and to the joint individual winners, Bertie Cripps (clarinet) and Sam Brown (voice), and runner up Ben Staniforth (trumpet).

## All part of the action

The Young Shakespeare Company wowed Years 7 and 8 with a contemporary performance of Romeo and Juliet. The children were part of the action and the play was brought alive brilliantly – the perfect introduction to Shakespeare.



RUBBING SHOULDERS: Seaford's sporting youngsters get the chance to meet Anya Shrubsole



## Sport



ENCOURAGING WORDS: Headmaster John Green meets the kayakers and their coaches before the event

# Kayakers crack epic challenge

AFTER months of gruelling training, a group of Seaford students took part in the Devezes to Westminster Kayaking Marathon.

The challenge involved paddling an intense 125 miles over four days, ending at Westminster Bridge in London. The feat required months of endurance training, huge mental focus and an incredible support crew.

The students not only trained

in the water every weekend but also made use of Seaford's new Strength and Conditioning Suite in the Johnson Centre to improve their fitness.

They also focused on their diet to improve their performance in the water.

Charles Lunt, one of the coaches, said: "It's tough during the race, it's gruelling and can be painful. We're hugely proud of them. It's not an

achievement that can be taken lightly. The commitment from them has been astonishing."

Before the event Headmaster John Green invited the teams and coaches to afternoon tea in his study to congratulate them on their efforts. He encouraged them to "dig deep and keep the momentum going over the next few weeks of training to achieve their personal bests".



It's not an achievement that can be taken lightly. The commitment from them has been astonishing.

CHARLES LUNT, COACH

## Day of drama still ends in triumph



TRIUMPHANT: Nonie Uloth and Bart Baker with the winning silverware

DESPITE a team member being taken to hospital, Seaford College still triumphed in the Intermediate section of the SUPA National Senior Schools Arena Polo Championships.

The team of Bart Baker, Alfie Hyde and Nonie Uloth took on teams from Stowe, St George's Ascot and Heathfield at Longdole Polo Club in Gloucestershire.

They caught Stowe napping early on in the first chukka and went on to rack up an impressive 5-0 victory. The second chukka was much closer against a well organised and determined St George's team but Alfie Hyde's early goal made the difference.

The third chukka against Heathfield was altogether more dramatic. Nonie Uloth scored straight away and another two goals saw the team go 3-1 up before Alfie Hyde had a nasty fall when his pony, TT, came down. He was taken to Gloucester Hospital and after a series of X-rays was pronounced fit and well, although badly bruised.

The team continued with a substitute and managed to hold Heathfield to a draw to ensure victory in the Championships.



They're the ones to beat now!

CONGRATULATIONS to the Seaford squad for gaining the title of U18s County runners up at the SISNA County Netball Tournament.

Head of Netball, Georgie Hegarty has been developing Seaford's netball talent over the past seven years. When she started at the school Seaford would finish bottom at this tournament and now we are seen as a school other schools need to beat!



## Forest gumption!

Seaford students enthusiastically participated in mountain biking at Swinley Forest Bracknell. Despite a puncture within the first 100 yards they all went on to have a full three hours of challenging cycling.

## Special match embraces the joy of rugby

SEAFORD College joined forces with Canford School and renamed their usual rugby fixture as Stand Together Saturday, a day designed to prioritise the experience and enjoyment of rugby for our pupils, above winning and losing.

Both schools share similar values, and the idea behind the day was to focus on enjoyment, right through the age groups, and foster good relationships between players, parents, and staff from all sides and all teams.

### Touchline behaviour

"The idea behind this was to engage parents a little more on match days and attempt to help them to learn about how their touchline behaviour impacts the sporting experiences of pupils," said Rugby Coach Kevin Rich.

"The very physical nature of the game can sometimes draw out the worst in those watching and we feel that certain behaviours such as yelling instructions, jeering and berating the ref should have no place at school matches.

By promoting an openness and convivial atmosphere in which it is normal for both sets of parents to connect and

I love playing rugby at Seaford College because not only is it brilliant fun, but also it is so inclusive. Everybody can play for a team no matter what their ability.  
CAELAN, SEAFORD

I love rugby because it gives you an opportunity to express yourself in a way through hard work and skills, while it also helps me to stay fit and look at the nutrition side of sport which I can take into everyday life.  
JACK, SEAFORD

simply enjoy the game for its own sake we feel that this will minimise these negative tendencies."

The programme for the game included a number of tips on how to create this positive atmosphere, and a number of students from both schools shared what they loved about rugby.

At the end of the games played at Seaford, visiting Canford parents awarded a 'Spirit of Rugby' plaque to a Seaford player that best reflected the values of each school, and the Seaford parents selected a Canford player as well.

"This was a gesture to remind parents that both teams are fighting for the same cause and to try and enjoy the game a little more neutrally," said Kevin Rich. "Not an easy task when parents are watching their own children, but something we think is worth working towards."

## Equestrians rein supreme



JUMPING for joy are Seaford's equestrian team of Flora James, Beanie Bradley, Jessie Schute and Evie Marchant who won both the 90cm and 1.00m classes at the NSEA County Show Jumping Qualifiers!

Not only were they the top team in West Sussex at both height levels but were also the winners overall, beating teams such as Hurst (1st & 2nd teams) and Farlington.

It was a long, tough and highly competitive day but the girls rode brilliantly under pressure, proving their consistency and really supporting each other, from Year 8 through to Upper Sixth.