

ParkLife

INSIDE



All the news from the Prep School



THE NEWSLETTER OF SEAFORD COLLEGE

Moving service captures poignancy of centenary

SEAFORD College welcomed Old Seafordians back to the school for the annual Remembrance Day Service and Parade on Sunday 11 November.

The service was particularly special as 2018 marked the centenary of the end of the First World War. A congregation of more than 2,000 students, parents, staff, alumni and friends of Seaford gathered for the service which was led by Seaford's new Chaplain, Father Colin.

Headmaster John Green passed on: "a big thank you to everyone involved in the service and to everyone who

worked so hard to make it such a beautifully poignant event."

The Chapel Choir produced some stunning performances at the service – their rendition of *O for the wings of a dove* by Mendelssohn was simply breathtaking.

The CCF has always played a large part at Seaford, with all students from Year 10 taking part, and has helped some students to forge careers in the Armed Forces.

Major Plewes said: "CCF carried out the march as part of the Remembrance Service with incredible discipline."



THANK you to everyone in the Prep School who took time over the half term holiday to create beautiful poppies for our Remembrance Day Service. Freddie Salmon from Year 6 is pictured here with his poppy.

Emotional journey to Arnhem

At the age of 24, Old Seafordian Piers Plowman made a poignant journey to visit the grave of his uncle, Captain Tony A. Plowman, also an Old Seafordian, who died aged 24 during World War Two. Here Piers reflects on his moving experience.

On September 24 1944, Captain Tony A. Plowman (*second in command of the Glider Squadron, F Company*) was killed in action, aged just 24, during Operation Market Garden trying to support the Allied Forces that were attempting to seize and defend Arnhem Bridge.

On 25 September 2018, aged 24, I cycled from the coast of Holland to Oosterbeek War Memorial at Arnhem to visit Tony's grave. I felt it was a once-in-a-lifetime

opportunity to do this.

I was so glad I did and every pedal stroke was worth it – one of the most fulfilling experiences I've ever had.

I will never forget the moment I found him! I thought back to all those times I had read out his name at Seaford College Remembrance Services. Like me, he was a student at Seaford too. I am so incredibly proud of my family and our heritage and can't express how I feel after this experience. It was epic!

PIERS was at Seaford College from 2007 to 2012 and during that time he was part of the CCF.

He said: "I loved the five-year journey and the experiences from the CCF. I did feel it was between the military and sport as my two career options. Sport however was where my heart lay (*Piers is now a Support Coach at the British Triathlon Federation*). This was definitely a part of my life I am immensely proud of!"

● You may remember from the last issue of Park Life that some Seaford staff made a similar journey to leave a wooden cross at the graves of all those Old Seafordians who had lost their lives during the First World War.



CONNECTING WITH THE PAST: Captain Tony Plowman's grave at Arnhem.

SEAFORD'S TEAM ETHOS THRIVES

HEADMASTER John Green encourages all students to be part of a team because of the personal development opportunities it provides.

This doesn't have to be a sports team. It could be taking part in a Performing Arts production, the debating society, Young Enterprise, the CCF or being in one of our choirs or bands.

The Chapel Choir Choristers won the accolade of Team of the Week after they sang with Blake at a charity concert for Chestnut Tree House, followed by their amazing performance at our Remembrance Service.



TEAM OF THE WEEK

CONGRATULATIONS TO THE CHAPEL CHOIR



Seaford College Prep · Senior · Sixth Form proudly presents

Les Misérables

SCHOOL EDITION

Performances
20th, 21st, 22nd
& 23rd March 2019
7:30pm
Seaford College
Johnson Centre

Tickets
Adults: £10.00
Children: £5.00

Les Misérables
SCHOOL EDITION
Performed entirely by students

A musical by ALAN BOWTHILL and CLAUDE-MICHEL SCHNBERG
School Edition specially adapted and licensed by
MUSIC THEATRE INTERNATIONAL and CAMERON MACKINTOSH (OVERSEAS) LTD

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Performing Arts

Austen classic leaps off the page

STUDENTS from across the school put on a simply outstanding production of Jane Austen's *Pride and Prejudice*. The audience was in awe of their performances and the stunning costumes. Congratulations to everyone involved. The time and effort that you all put in was phenomenal and it certainly paid off!



Hats off to brilliant Baboushka



CONGRATULATIONS to all Prep School Years 2-5 students for a magnificent Christmas performance of Baboushka. It was simply amazing and all the children performed brilliantly. Thank you to everyone who came along and made the evening so special and to those who created the wonderful costumes.

Ella inspires new moves



SEAFORD'S GCSE Dance students had a fantastic workshop with ella&co. She introduced them to different techniques and different ways of thinking about movement.

The workshop complemented their GCSE syllabus and challenged their thinking about the way dance is made and performed.

Ella was impressed by our students, saying: "They had a really good attitude. They really threw themselves into it."

Learning about choreography has really helped me.

It was really interesting to experiment with different movements.

Feedback from students

Young Enterprise

Competition nurtures entrepreneurs of the future

YOUNG Enterprise is a national schools competition where students from Year 10 and up through Sixth Form come together to set up and run their own business.

They make all the decisions about their enterprise, from deciding on the name and product to creating a business plan, managing the student company finances and selling to the public at trade fairs and other events.

Expert advice

All this takes place with the support of a volunteer Business Adviser who brings a wealth of knowledge and expertise. A range of resources are provided to help manage the company. Teams track their progress using self-assessment tools and even compete against other schools in local, regional and national competitions.

Fiona Askew, Senior Management Secretary at Seaford College, said: "Throughout the process they learn all the different aspects of a business.



FEEDING DEMAND: Left, this year's Young Enterprise team with their birdfeeders made from recycled plastic bottles. Right, last year's team with their array of awards.

They have to choose what roles they want and take their product through various stages from manufacturing to selling, and to making a profit."

The Seaford team last year created clocks

based on vinyl records and went under the name Retrospect.

They won a number of the Young Enterprise competitions – from best business plan and best company report to best branding report.



They also gained first place nationally for their online sales, achieving a net margin of 30 per cent.

Good luck to this year's team who are making bird feeders from recycled plastic bottles.



Pastoral

Lara sees to all the girls' needs



Lara Stitt is the new Director of Girls' Provision at Seaford College. Park Life met Lara to find out more about her role at Seaford.

Tell us about your role:

I make sure that everything that the girls need, whether that be academic or pastoral, is covered.

Why is such a role needed at Seaford?

Seaford is a co-educational school. With girls having different needs to boys, it's nice that we have a staff member dedicated to looking after the wellbeing of the girls.

We have an excellent pastoral system at Seaford. We have the learning support system and we have the Pink House which everyone is aware of, but it's quite nice to actually have one person who they can come to as more of a co-ordinator to make sure that they are getting the best help.

The Pink House work closely with me to make sure that if extra support is needed I'm here to help them and keep the girls safe, well and as calm as they can be through their school day.

How does your role work with that of a Houseparent?

I work quite closely with Miss Le Barth up in the girls' Mansion. We want to

make sure that as many girls have access to boarding as possible. I work in the boarding house one night a week and that's been a fantastic opportunity to see some of the girls that I might see struggling in lessons actually relaxing and enjoying the House environment.

What is the Girls' Council?

It's been set up this year with the focus on their wellbeing. We do have male members that attend as well so it's not just for the girls.

At the first Council Meeting we talked about allowing the girls a space to have a little bit of a moan and then talk constructively about how we could work together.

What do you enjoy most about your new role?

That I can actually spend quality time with some of the girls that really need it. It's an opportunity for me to see what's troubling them. They know where I am now, so I've got a safe base for them to come to, and it's developing that familiarity.

They know that if there is something

that's bothering them, obviously they've still got their Heads of Year and Form Tutors, but this is just another one that is there specifically for them. I think it's made a real difference.

I've developed a couple of little drop-in groups for girls who don't necessarily have much to say but just want to catch up.

What challenges do you think girls are facing in their generation?

I think girls today seem to be suffering a lot more from anxiety and I think society on the whole is too. Girls feel a lot more pressure to perform in all areas. There is pressure from society to be the best you can be at all times and then a little bit more.

Although grades are important, and Challenge Grades are set up for them, it's more a case that we need to make them know how to achieve their best. We can give them the skills so they are equipped for that. If they are doing their best, that's all we can ask from them. We just need them to feel valued in what they're doing.

Purple Time

PURPLE Time is a new enrichment programme in the Sixth Form.

This programme of Academic and Vocational Enrichment is built into the timetable, allowing all students the opportunity to choose activities that either support their main academic studies or help to broaden their CV.

Activities include: the Young Enterprise Scheme, Mixed Martial Arts, EPQ, CCF, Science Journal Club, Maths for Scientists, Biomedical Society, Oxbridge, MOOC Courses, Chamber Choir, Congo Band, Zumba Fitness, Arts Awards, Shotokan Karate, Golf Coaching, Estate Management Skills, Sixth Form Drama, Community Service, Climbing NICAS Qualification, Fly Fishing, 3D Printing and Drone Making Club, and subject tutorials to support academic option subjects.



At Purple Time I play the guitar. I've always done acoustic but have started electric here. It's a different experience. It takes my mind off work, I'm enjoying it.

Kamal Sameer

The more arty ones appeal to me as I am in the art block a lot. I might do self defence too which is new.

Emily Holden

For Purple Time, I do Biomedical Science - it helps me understand stats better. There are lots of activities to do and there will be more opportunities in the future too.

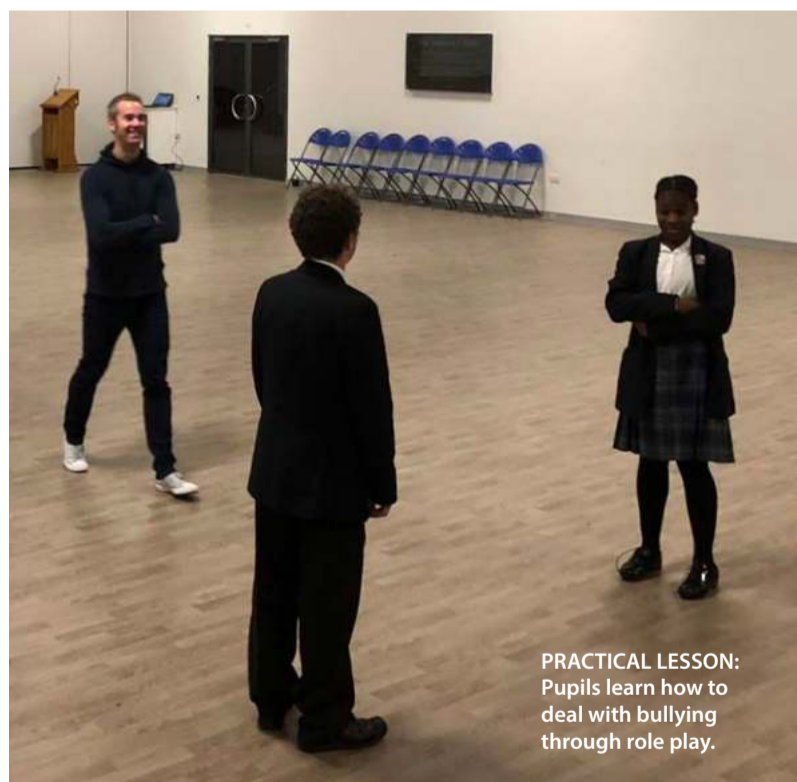
Freya Brazier

I go to Care Homes which I enjoy, I go every other Wednesday. You can also go to an animal rescue centre too which I think is a good idea.

Lourdes Velasco-Nicholls

I've signed up for Mixed Martial Arts, something different.

Caelan Stanton



PRACTICAL LESSON: Pupils learn how to deal with bullying through role play.

STUDENTS across the school focused on bullying and how to prevent it happening as part of national Anti-Bullying Week last term.

The week raises awareness of bullying so that pupils, staff and parents can look to educate, comfort and support each other.

Seaford has a zero tolerance approach to bullying and if it ever occurs is dealt with swiftly and sensitively. In fact, when asked what he loved most about Seaford, one recent leaver said: "Seaford lets you be who you want to be."

Seaford's culture of acceptance and personal bests reinforces this. Sixth Form Peer Mentors work in both the Prep School and Senior School, and 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 the school. They can be

Students learn how to kick bullying into touch

easily identified as they all wear pink lanyards and there are posters of who they are displayed around the campus.

Range of support

Peer Mentors support students with a range of pastoral support, from exam worries to friendship troubles or by supporting someone if they feel lonely, shy or sad.

During Anti-Bullying Week Year 9 listened to an inspiring and impactful talk from speaker Rob Higgs. It gave them many practical skills to help them deal with unkindness, name calling and bullying, and build self-confidence in the process.

Seaford aims to create the very best, mutually supportive environment for all pupils to feel that they can manage the inevitable bumps in the road with confidence and strength.

To finish the week, all students and staff were invited to wear odd socks. Odd Socks Friday is a metaphor for diversity and acceptance, where students are encouraged to wear an odd pair of socks for the day.



James inspires everyone to get the most out of life

JAMES Shone gave an inspirational talk to the Middle School (Years 9-11) as part of Seaford's Personal Development Programme which focuses on building self-awareness, personal responsibility and independence in our pupils.

The talk was organised by Kevin Rich, Head of Year 9, who had worked with James 20 years ago in Kenya and found him an inspirational teacher.

James was a wonderful communicator and shared his remarkable personal journey. Discovering he had a brain tumour aged 39, it completely changed

the course of his life. He spoke about looking up when life derails you and always looking forward as there are always endless possibilities in life.

"The past is a teacher but not a great master, don't hold on to the past, move on." He then quoted Sir Winston Churchill: "In adversity you can choose to give up or get up and go and do something and not bow down to self-pity." James summarised: "Look up, forward and out and not down, back and in."

He then discussed teenage mental health and the negative impact that



The journey of life is our choice, choose to believe you can and that you are of value.

James Shone

social media can have. He used the 'I Can and I Am' balloon to discuss the idea of inflating balloons of self-belief. He spoke about how students can inflate their balloon through feeling they belong, feeling valued, feeling good about something and feeling secure about their future. If you have an inflated balloon, it helps you navigate the ups and downs of life and ultimately builds resilience. He said that above A* grades or First Class degrees this is what employers are looking for in candidates.

He added that setbacks in life are a

springboard to refine and reflect and to build resilience. His parting message was to have the right attitude, dream big, and make your goals realistic. Remember how many good things you have in life and look at what you're good at, do what life made you to do and that the future isn't just about making money.

"The journey of life is our choice, choose to believe you can and that you are of value," said James.

● You can learn more about James at: www.icanandiam.com or find him on [Twitter@JukesShone](https://twitter.com/JukesShone)



Trips

Shakespeare full of words and notes



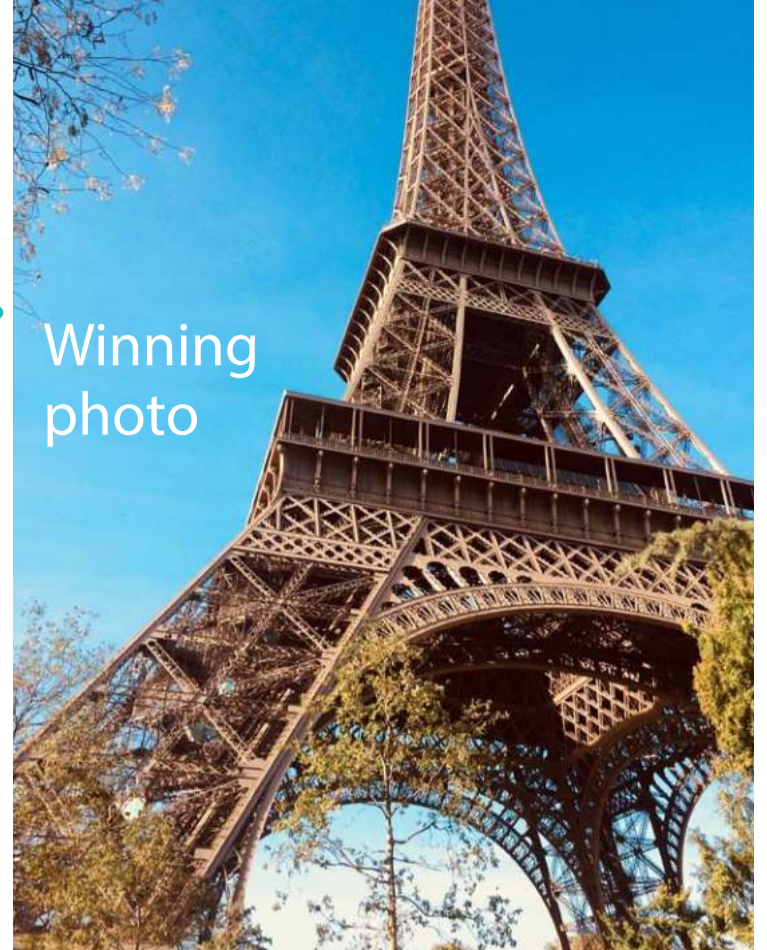
A GROUP of Year 12 Literature students went to see a musical production of Twelfth Night at the Young Vic in London, stopping to pay their respects to Shakespeare's Globe along the way. After the production the students met Gbemisola Ikumelo, who played the part of Maria, the brains behind the comic plot to humiliate Malvolio.



It brought a new light to Shakespeare.

The cast broke down the fourth wall and made it interactive and funny.

It was a good introduction to the play because it had a modern twist.



Winning photo

YEAR 7 had a wonderful trip to Paris last term. The children spent their time visiting famous sights such as the Eiffel Tower, Arc de Triomphe and Sacre Coeur, and enjoying a boat trip down the Seine.

They also had the opportunity to roam through a French market and take part in multiple outdoor activities. Whilst they were on

the four-day trip they were given the option to take part in a photography competition. So many great photos were taken that it was hard to pick a winner.

That unenviable task fell to Mrs K Grantham-Smith (school photographer and photography teacher) who chose Immy Stanley-Evans for her fantastic picture above.

All for one and onesie for all!

BEFORE Christmas, a group of 30 students from Years 9-13 were lucky enough to head off to Jasper, Canada for the school's first ski trip to the country. Those who went ranged from complete novices to the very experienced.

The trip was a great success, due in part to all that Jasper had to offer. Having 91 named runs available (many through the trees), there was a wide choice of skiing for all abilities. The snow quality was what every skier dreams of, dry fresh powder daily, light and plentiful.

Everyone improved

Samantha Evans, who led the trip, said: "The pupils' progression was huge. Whatever ability of skier they were when they started, they improved upon that. They progressed a lot faster than they would have done in Europe where the snow wouldn't have been as good or the terrain as varied."

In addition to the skiing itself, the students made the most of their time in Jasper. They went ice skating on the first night and had the opportunity to watch a local ice hockey game.

The pupils also got to attend short seminars in the Marmot Learning Centre at lunchtimes. These informative topics included avalanche safety, Jasper landscape and wildlife, opportunities for working in Canada's ski resorts on gap years or career pathways within the Parks Canada network.

The group impressed their instructors when they came suitably dressed for 'Onesie Wednesday'. They liked the idea so much that the students donated their onesies to them afterwards and the instructors went on to teach whilst wearing them!

Due to the success of this trip the 2019 return trip to Jasper will soon be launched by Miss Evans and team.



Space Centre visit is out of this world



AT the start of the school year, six Year 11 Seaford students visited Surrey Space Centre as a reward for winning last year's International Space Challenge at King Edward's School.

The students were treated to a guided tour of the control centre where the much-heralded Remove Debris Project was overseen and monitored.

Students were then given a look at the facility where Surrey Satellite Technologies designs and builds its cutting edge satellites.

Sam French reflected on the day: "The Space Centre trip was absolutely amazing. It was truly

spectacular to see the development of humanity's space programme.

"The highlight of our trip would have to be the first hand viewing of an actual satellite that was due to be sent into space. It was a once-in-a-lifetime opportunity.

"Our guide, Clement (a Spanish, French and English speaking engineer), was an expert in his field and we learnt a huge amount about space, the science behind satellites and their functions.

"Now, when I look into space, I won't ever see it in the same way again."

Community

Flexing their muscles for challenge



A NUMBER of pupils and teachers from Walled Garden West and Outdoor Education took part in Muscle Acre, a 12km obstacle course race near Guildford.

The group were raising money for

Stonepillow, which offers shelter, information and support to empower homeless and vulnerable individuals to make positive changes in their lives.

Well done to everyone involved.



Academic news

YEAR 12 A Level Biology students gained a valuable insight into the work of a psychiatrist in a talk by Dr Jack Underwood, a Psychiatrist and Clinical Research Fellow at Cardiff University.

Dr Underwood came to talk to the students about what being a psychiatrist involves, some of the studies he is involved in as a research fellow and to give them advice and guidance on applying for medicine or other similar fields at university.

In talking about his work as a psychiatrist, Dr Underwood described some of the gruelling but rewarding shifts it involves. Working on call for 24 hours straight, he sees anyone in a mental health crisis – whether in A&E, on a ward or even in a police station or prison.

Interesting work

The work is varied and interesting and, when asked by one of the students if it can be scary at times, he answered: "Not at all. It's interesting – you get to see people that you'd never meet otherwise."

The students were given the opportunity to draw out a patient's pedigree from medical history information that they were given. This was incredibly useful and put into practice some of what is covered in their Biology A Level syllabus.

Dr Underwood commented on their studies: "I am impressed that the syllabus is so up to date. It covers a lot of what I am

Psychiatrist gets the students thinking

He has a medical degree and it's interesting to see the areas that you can use it in.
Isaac Mitchinson

It was very informative. It could help me to decide what to do in the future.
Anna White

actually doing now," he said.

Alongside his role as a psychiatrist, his research is currently focusing on autism, looking for copy number variations (CNVs) in genes. He carries out this research in Cardiff where they have Europe's leading centre in genetics.

Dr Underwood told the students how he had always thought he would work in paediatrics. As a junior doctor he did a number of placements in paediatrics and neonatal medicine.

An opportunity arose however in mental health that changed his career path. It was interesting for the students who are thinking about their own futures and possibly university applications, to hear how your path can change and develop over time.

The students were fortunate enough to be able to get some advice on their applications. Dr Underwood sits on the board for the School of Medicine applications at Cardiff University. He

explained how it isn't just about your grades. He said that what you do alongside your studies is really important. How involved in your field you are. How much experience you have got.

Build up experience

He told them how he had applied for medicine twice. He was only successful the second time round when he had built up his experience, having shadowed doctors and worked in different health settings.

Our students took the opportunity to ask him questions such as: "When you first started medical training, how much of a step up was it from A Levels?" and: "I have an interview for Veterinary School in January. I'm going to talk about my EPQ, should I also mention my other extra-curricular activities?" When asked about the questions they might get asked in interviews, Dr Underwood's advice was to, "make sure you have examples to back up all your answers."



Book quizzers do Seaford proud

SEAFORD hosted the South England regional heat of the Kids' Lit Quiz. Quizmaster Wayne Mills compiles all the questions himself and travels the country and the globe quizzing children about books.

Seaford College teams from Year 7 and 8 competed against nine other local schools. There were 17 teams in total and competition was fierce. Our Year 7s missed out on 3rd place by only two points! Still, both Seaford teams won a set of books and had great fun participating.

Initiative enables young scientists to think outside the box



A NEW initiative – Becoming a Seaford Scientist (BASS) – is being run this year with Years 7 and 8.

It involves one lesson a fortnight where our students work in groups on an area of science which does not link to what they are currently studying.

It focuses on what science actually is, discussion and thinking skills. The aim is to improve the students' ability to work together and problem solve practical tasks by working as a part of a group with as little teacher input as possible. The skills focus on the 'How Science Works' understanding, which now has an increased focus in the new GCSE.

BASS gives pupils an insight into how GCSE and A Level scientists are expected to think and how this then links to real scientists; it is also an opportunity to discuss scientific ideas and concepts openly.

Pupils are encouraged to question all the time and not to disregard anything anyone might say, even if you might disagree with their view.

It gives you a chance to do something that you don't do every normal science lesson.
Clemmie Farrant

It is fun how we experiment with the practicals. We watch and learn new things.
Piers Walters

Hannah kicks off languages day

TO CELEBRATE European Day of Languages, Hannah Wardrop from the Upper Sixth performed *Non so piu cosa son cosa faccio*, from *The Marriage of Figaro* by Mozart, in front of the whole school at assembly.

Director of Performing Arts, Sara Reynolds, said: "Hannah was fantastic; a few years ago she wouldn't have wanted to perform in front of such a large audience. I was very proud to see her perform so beautifully and with such confidence."

Father Colin wastes no time settling into role

SEAFORD was delighted to welcome Father Colin Datchler as Chaplain at the start of the school year.

During his first week, Father Colin was licensed to be Chaplain at Seaford College by The Right Reverend Dr Martin Warner, Bishop of Chichester, in Seaford's Chapel.

The service was described by Angela Thornley, the Headmaster's PA, as, "magical, you could really feel the love in the Chapel. The congregation comprised the community from his former parish and his new community at Seaford College. He also had strong support from his family."

Big impression

Father Colin's personality came across on the first day of term when he was caught practising the art of photobombing as parents were taking first day photos outside the Johnson Centre!

Father Colin has a keen interest in



SMILE PLEASE: Father Colin couldn't resist getting in on the picture as pupils posed for first day photos.

rugby and is planning to do some coaching at Seaford in the future. He met the 1st XV as part of his induction to Seaford.

A Prep School Chapel Service, led by Father Colin, had a very interesting theme.

He explained: "It was about standing on the shoulders of those who have gone before us here at Seaford. It's easy to look at the people at the top who are in the seemingly glamorous positions, but each person in that pyramid had a vital and

important role.

"Knowing we stand on the shoulders of those who have gone before us means we benefit from their experience, inherit their traditions and we are connected to them in some way."

Headmaster John Green welcomed Father Colin and added: "We are very fortunate to have Father Colin join us; he has a wealth of experience working with young people and he has ambitious plans to be part of the Seaford community in his role as Chaplain."

Turning on the festive style



CHRISTMAS Jumper Day at Seaford College was a great success! Even our four-legged friend Coco got involved and wore her flashing Santa collar.

Prep School News

Creating a wealth of opportunities outdoors

SEAFORD College is privileged to be situated in more than 450 acres of listed parkland in an area of outstanding natural beauty in one of the most stunning settings in the English countryside – the South Downs National Park.

Forest School is a learning programme which is delivered to all children from Years 2-6 in the grounds by Seaford staff who have been specifically trained as Level 3 qualified practitioners.

Stimulating environment

The hands-on approach develops a range of skills and knowledge. The outdoors provides an inclusive and stimulating environment.

One session last term had pupils creating pictures of woodland creatures using natural materials gathered from the wood. The children worked really well in small groups and this fostered some excellent teamwork.



IN gymnastics, pupils were looking at individual and team balances, different methods of travelling and the importance of teamwork. Here some of Year 5 are having fun demonstrating pyramids.



SPELLING TEST: Our Prep School students use their flags to spell out 'Seaford' in semaphore.



The wonders of flight



THE Prep School embarked upon Flight Week as part of its Creative Curriculum.

With a range of educational and creative activities, the aim of the Creative Curriculum is to lay down conceptual understanding of essential themes required in future education.

The children were divided into six groups of mixed ages, representing six countries – South Africa, Mexico, Italy, India, Canada and New Zealand. This enabled our younger and older children to work together in teams – collaboration is an essential skill for our children's lives in the future.

For lunch throughout the week they were treated to food from the respective countries.

● Captain Lily Venables Kyrke came in to speak about her career as a pilot. Lily left Seaford in 2013 and is now flying for Air Lingus. She spoke about the journey to achieve her dream job and how she was inspired to follow her dream after taking part

in the RAF section of Seaford's CCF.

● The students tackled semaphore and in their groups they learnt how to position their flags to depict different letters. As well as sending messages to each other they also had to decipher a message shown to them in semaphore and carry out what they had been told in the message.

● The children also learned about how air resistance enables kites to fly. They explored how wind resistance might be changed with different kite designs which developed their understanding of the word 'variable' in science and mathematics. The activity also focused on communication through the clarity of instructional writing or verbal instructions as they followed instructions to make their kite.

● Focusing on problem solving, the children moved on to the climbing wall to devise a way of dropping a raw egg from a great height without breaking it. The task involved solving the problem with a limited range of resources.

● The children enjoyed a visit from Andy and Kory from Owls About Town who brought along three owls. Andy spoke about flight, answered lots of interesting questions about owls and discussed the importance of conservation for wildlife.

● Students visited Tangmere Military Aviation Museum where they marvelled at the impressive display of historic aircraft. Some of the children were amazed when they found out how planes actually stay in the air! It wasn't all factual however; they also made full use of the different flight simulators at the museum.

● Pupils also took on the task of making craft birds. It wasn't that simple however as they needed to make sure that their creations were symmetrical. This helped them gain a deeper understanding of symmetry and reinforced their learning in maths.

Throughout the week, fun and learning was had by all.



CONGRATULATIONS to swimmer Finlay Richardson, from Year 4, for winning eight golds and a trophy for the Guildford City Qualifier 18, Top Junior Boy. We're all really proud of you!

Nine-year-old Finlay is very dedicated to swimming and trains for nine hours each week. Finlay's mum said: "He's like a fish! He's always loved being in the water and trains so hard before and after school, and at weekends."

Finlay added: "It was the best feeling to win the

Finlay awash with swimming medals

medals and trophy. I thought this would never happen and I never expected to swim at this level, I just love swimming and being in the water.

"I think it's clever how you can make your body move in the water and how quick you can go. It's great fitness."

Finlay is in the Guildford City County A Squad and

is currently training for the Surrey Championships. His coach says that he's showing "great resilience for his age as he competes alongside 14-year-olds. He has a lot of talent and has a very mature mindset for his age."

Well done Finlay, we look forward to following your progress! Ad Alta!



Fun way to make friends

STUDENTS starting back at Seaford Prep last term had a fun-filled activity week to encourage new friendships and support the transition to a new school or year group.

The week began with a woodland walk complete with a teddy bears' picnic. The children brought in their favourite teddy or cuddly toy and explored the woods.

The next day those from Years 2-5 took part in a circus workshop.

They loved every minute and learnt all sorts of new skills. It was great to see the children working together as they mastered plate spinning, juggling, hula hooping and even stilt walking.

The workshop was designed as a way of bonding the children together.

Working well together

Sarah Lewis, Prep School Year 5 Teacher, said: "It was lovely to see existing children working together with our new children and how something very practical is a brilliant way of bonding the children together."

Everyone worked well together, persevering in their endeavours to learn a new skill. And they had a huge amount of fun along the way. At the end of the workshop they all got the opportunity to showcase their new skills to each other in a short performance.

The week ended with a beach trip to West Wittering where the fun continued.



HIGH FLYING READER: Overall winner Ben Staniforth

Avid readers devour books

CHILDREN in the Prep School are often set a reading challenge over the holidays to encourage them to keep reading even though they are not at school. Over the summer it was to see who could be pictured reading their book in the most 'extreme' place. The overall winner was Ben Staniforth who was pictured reading his book as he flew in a plane! Ben is keen to be a pilot and flies with his Grandad at Goodwood most weekends.

Over Christmas their challenge was to see if they could find some time to read each day. They were all given a festive sheet and needed to colour in a bauble for each day that they read. It was wonderful to see their completed sheets coming back in January and hearing about their love of reading. A Year 6 class won the prize for having the most completed sheets returned – well done to Ollie Christiansen, Olly Mullahy, Rosie Stace, Georgina Baynes, Claudia Upcott and Scarlet Smithers. An outstanding effort from you all.

Pupils put their hearts into helping those less fortunate

PREP School students and parents have raised an incredible amount of money for various charities with a whole host of events.

We had an amazing amount of cakes donated for our **Macmillan Coffee Morning**. It was a perfect chance for everyone to catch up and raise money for a very good cause. Well done to our Year 8 students for serving our guests. The event raised an incredible **£855**.

● Various events have also been held to raise money for **BEATS** (British Earthquake and Tsunami Support). Through a non-school uniform event, for which many people generously gave more than requested, and a stall at the cross country event, an incredible **£470.29** was raised. The sale of the Christmas production *Baboushka* on DVD raised a further **£80**.

Well done Ty!

Ty Bourne, from Year 4 also played his part in the fundraising. Although Ty doesn't consider himself to be overly sporty, he decided to take part in a 2km obstacle course race in order to boost funds for BEATS and raised **£431.19**.

He says on his fundraising page: "My name



A BIG thank you to everyone who contributed so generously to the Harvest Festival. The wonderful collection of food made its way to the school's chosen charity, Chichester-based, Stonepillow. Right, cakes galore at the Macmillan Coffee Morning.



is Ty. I'm 9 years old. For those who know me will know I'm not overly sporty but I'd be more than happy to run and get muddy for a good cause." Amazing work Ty, well done.

● Years 2-5 raised an incredible **£353.07** to help innocent victims of the Syrian war through the cold winter months with their performance of *Baboushka* (see pictures from

the performance on page 2).

We are very proud of all our Prep School students for their incredible efforts and also the amazing generosity of their parents.

FARMING SAXON STYLE

YEAR 5 enjoyed a fascinating day at the Weald and Downland Museum experiencing life in Saxon times. They learnt all about Saxon farming and cooking. The children made bread on the open fire and took part in team games where they were solving farming problems. Hands-on experience is a big part of the KS2 History curriculum.



A case of mind over mapping

CHILDREN in Years 2-8 enjoyed workshops on mind-mapping, a tool that supports their learning. We are sure everyone has taken something useful away from these sessions – maybe the children will be passing on some useful tips to their parents! We look forward to Positively MAD visiting again.

Hockey skills in the spotlight

THE Prep School welcomed Year 5 and 6 pupils from Prebendal and Oakwood to join them for a Hockey Masterclass. The 70 pupils experienced a rotation of different hockey activities, including PacMan, Gladiators and Noodle Sticks! All the stations were led by our very own 1st XI team hockey players, who were true ambassadors for Seaford College.



Sport

Talent always shines ...whatever the age

Congratulations to golfer Lille-Beau Thorpe on her selection for the England Regional Under 18s squad. What a fantastic achievement aged 13! Park Life catches up with Lille-Beau to find out more about her passion for golf.

How did you get into golf?

My dad plays a bit of golf and so do my uncle and granddad.

How did you start playing golf?

I started when I was five. I used to play at Cowdray Park as a fun activity – it was a hobby.

How did you feel when you found out you'd been selected?

Really happy! I was not expecting to get in so it was great.

How do you balance your academic commitments with golf?

I focus on my academic work at school. I play golf out of school mainly, although I do play golf at Seaford on a Thursday.

What do you want to achieve in the future?

I'd like to play golf in the Olympics or on a European tour.

How has Seaford supported you?

Seaford has been really good. It's made me feel included. I've made some great friends here, I'd give it a 10/10. I was at a small school before but I prefer the big environment here. And it's great to have a golf course on site! Jack Halsey, Seaford's resident golf professional, is great. He's been on tour and is a very good teacher. He knows how to help you.

What advice would you give to someone wanting to take a similar path?

Stick at it and don't get knocked back. Everyone has a bad day. Take that and use it to practise more.



COMING ALONGSIDE: Seaford sailors at Weymouth meet up with Ian Walker – double Olympic medallist, America's Cup sailor, three-time Volvo Ocean Race competitor and the first British skipper to win.

Wonderful experience at the home of sailing

SEAFORD College Sailing Club travelled to Weymouth, the home of British sailing, to take part in the RYA British Youth Regional Championships.

Weymouth is a revered location, as it is not just the training waters for the British Sailing Team but was also the sailing venue for the 2012 London Olympic Games.

It was the first time Seaford had entered the championships, and an event of this calibre, and it provided an opportunity to rub shoulders with possible future sailing Olympians.

Great performance

The team rose to the challenge by performing brilliantly against such strong competition.

Samantha Evans, Head of Sailing at Seaford, said: "A massive

congratulations to Kyle Roose and Rufus Mackenzie for securing bronze medals in the RS Feva XL fleet for the South of England."

Several Seaford pupils have previously been members of zone squads, with one pupil being a current zone squad member.

Sailing at this level was a natural progression after winning four golds in September at the West Sussex Schools regatta. This was a fantastic performance as sailing was only established officially at Seaford last Easter.

Miss Evans said how important it was for pupils to be exposed to competitions of this calibre, to put them under pressure and be challenged. The experience will be crucial to their development in sailing.

The boys were brilliant, very receptive. They were full of enthusiasm, they really enjoyed the session.
Jim Evans

It was fantastic. The enthusiasm and the ability level of the boys was outstanding. A real pleasure to coach.
Gary Street



Priceless tips from the top

TOP level rugby coaching was the order of the day when Seaford welcomed Jim Evans and Gary Street from Harlequins Rugby Union.

Jim Evans is a former Harlequins Rugby Union Player and Harlequins Academy Head Coach. Gary Street is a former England Women's Rugby Union Coach and Academy Coach Development Officer for Harlequins.

They were at Seaford to work with the U12 and U13 players. It was a fantastic training session and Prep School students really enjoyed the training.

Liam Doubler, Director of Sport, said of the session: "It's just fantastic for our boys to experience coaching at that level. Lots of learning took place."

I thought it was really good. Different coaches so a different point of view on the game.
Hamish Williams, Year 8

It was really good. They helped me a lot.
Tommy Burbridge, Year 8



What a milestone!

SEAFORD was delighted to reach the Quarter Finals of the Schools Cup and our players performed brilliantly against Marlborough College. Our Seaford Sport ethos is effort, energy and enthusiasm and the entire team reflected these values. Well played everyone. Max Lowdell is pictured evading a tackle during the match. Seaford was also named as one of the top five school teams nationwide by Fifteen Rugby, see right!



Alfie's trophy delight

CONGRATULATIONS to polo-playing Alfie Hyde for helping his team to win the Farewell Cup at Cowdray. He was also awarded the trophy for Most Improved Young Player by the chairman – an accolade Alfie always hoped he might win one day. A fantastic achievement. On a chilly day, it was good to see he was proudly wearing his Seaford skin!

Riders canter into top spots



SEAFORD Equestrian had a fantastic day at the West Sussex County qualifier at Coombelands, Pulborough. They were the champions at 80cm and 90cm levels and went on to represent West Sussex at the National County Championships.



Endurance test

TRAINING is underway for this year's Devizes to Westminster Race. It is an intense 125-mile paddle over four days, ending at Westminster Bridge in London. It's a huge challenge that requires months of endurance training and huge mental focus. Good luck to all those involved.