

ParkLife

INSIDE



All the news from the Prep School



THE NEWSLETTER OF SEAFORD COLLEGE

'Les Mis' was AMAZING . . . it surpasses the West End show'



'I can hardly believe we have SO much talent at our school'



'The best production I have ever seen at Seaford'



SEAFORD College presented its biggest production ever last term with four spectacular performances of Les Misérables, School Edition.

It was a gargantuan production that had been more than a year in the planning, with many, many hours of incredibly hard work from all those involved.

Auditions started last September, with students from across the school keen to be a part of this triumphant musical.

Ahead of the impressive opening performance, Sara Reynolds, Director of Performing Arts, said: "My biggest motivation today, after months of planning and rehearsals, is knowing how it's going to make our students feel tonight when they see the audience react to their performance. This is what drives me."

Audiences captivated

The sheer effort and commitment that everyone dedicated to this masterpiece was evident in each and every one of the performances. Each night the audience was captivated throughout the performance, with well-deserved standing ovations each time.

Chairman of Governors, Richard Venables-Kyrke said: "Les Mis' last night was the best production I have ever seen at Seaford, performed with immense professionalism. Your programme says 'Seaford proudly presents...'. And for me, as Chairman, I couldn't be more proud of you all. Act Two was a real tear jerker and the standing ovation was thoroughly deserved."

Herbert Kretzmer wrote the English translation for Cameron Mackintosh in 1985 and his daughter, on seeing Seaford's School Edition, congratulated the cast on



their performance, saying: "My father wrote every word you sang tonight; he would have been very proud of your performance. This is a very special moment for me."

Headmaster John Green said that the production was: "Simply unbelievable brilliance – I have never seen such an incredible school production. Everyone who was privileged to watch this remarkable production has witnessed something very, very special indeed – which they will undoubtedly remember for years and years to come. Sensational!"

Bond of friendship

Joe Follows, Assistant Director, was hugely proud of all those involved: "To see the smiles and watery eyes of the cast (and crew) during the finale on Saturday night reminded me of why I get involved. The bond of friendship created and the effort the students bring during a show is exceptional. There was not a single stand out moment for me, the entire company was sensational; they deserved every ovation they received."

With the audience enchanted and often forgetting they were watching a school performance and not a West End show, George Vernon, Stage Manager, encapsulates what was at the core of these amazing performances: "Just for a moment, let's pretend that this wasn't a school...forget all the spellbinding lights, the mind-bending scenery and the stunning costumes...set aside the genius musical score...what you are left with, at the heart of this unbelievably professional performance, is a family of 70 awesomely talented children who are the real spectacle of this show."



Everyone who was privileged to watch this remarkable production has witnessed something very, very special indeed . . .

Headmaster John Green



Performing Arts

LAMDA inspires Alfie to fulfil his ambitions

Alfie Whitchurch recently gained his LAMDA Silver Award and is currently working towards his Gold. We speak to him about LAMDA, Seaford and his plans for the future.

When did you start acting?

I started acting when I was about eight. I was with a small club in Worthing called Stagecoach. It incorporated everything: singing, dancing and acting. Then when I was about 10 I started doing LAMDA. I started on Grade 3. I skipped Grade 4 and did Grade 5, skipped Grade 6 and Bronze and went straight to Silver. I got my Silver in September; I'm now doing my Gold.

What do you like about LAMDA?

Just learning about how to interpret different pieces. One of my pieces was a comedy piece but I was taught that I could completely change my voice and my face to make it angry. So I could make things sound more sarcastic and patronising, rather than funny and enthusiastic, and vice versa. There was quite a sad piece about a boy who was discussing racism and by changing my face I could, instead of being concerned, be bursting into

tears. I like the fact that you can interpret things in your own light, put your own unique spin on things.

Why did you start acting at eight years old?

I had always enjoyed it. My parents actually suggested LAMDA to me though. I was always flamboyant, larking around, doing little skits. I became fascinated that you could change your personality whilst on camera.

What productions have you done at Seaford?

In Year 8 I was in Joseph and the Amazing Technicolor Dreamcoat as Jacob, Joseph's Dad. In Year 10 I did Twelfth Night, then last year, the Sound of Music. In Les Misérables, School Edition, I was Enjolras, a revolutionary leader.

What are your aspirations for the future?

I'd love to be an animator. Something behind the scenes.



What would you say to others looking at doing LAMDA?

I'd say to do the acting because you learn how to express yourself. Others however might prefer verse and prose.

How do you balance your acting with your school work?

I use my private study time. I'm a planner too, that really helps me; I plan in the time I need to do things. I would only put myself forward for something if I knew I would be able to do it. Staying up to date with my work helps too. Seaford has really helped me. When I did Twelfth Night I was doing late nights and lots of revision. I was struggling on no sleep and asked myself: 'What did I do wrong?' and 'What should I do? What can I change?' I learnt and helped myself get better at the juggling. It can be a struggle in photography to juggle the practical aspects. What I do now is look at how my other lessons can link in with it to reduce the time impact.

I love Seaford because...

It's a different school. It doesn't only focus on one thing. Drama is incorporated into everything. The academic side is amazing too; everyone passed English Language GCSE, that's a massive achievement.

Why not acting?

I find the creative input and visual effects fascinating. I love how lighting and music can make or break a scene. I'd like to go to university – to Escape Studios which is part of Pearson College, London. They do media, visual effects, game design and animation. I went to an open day there and it was great, I was able to use all the equipment. Whilst I don't play games, I love their cinematics.



An afternoon filled with music

GREAT fun was had by all at this year's Senior House Music Competition. It is always a great way for everyone to get involved in Performing Arts at Seaford.

Rupert Blackwell sang his first ever solo! He performed the song Another Love by Seaford alumnus Tom Odell. Well done Rupert, it was beautiful and a tough song choice for Valentine's Day!

Well done to everyone who took part, it was a fun afternoon!



Trips

It's all change in the East



Year 11 Geographers spent a day in East London looking at changing urban environments and globalisation in the Olympic Park and London Docklands. Many of the students felt the day was hugely beneficial and bringing the subject to life will really help them in the exam hall.

Russian cities steeped in history

SEVENTEEN Sixth Form students and three members of staff embarked upon a four-night trip to Russia.

The most astonishing feature of the former Soviet Union is its sheer size – all of the United States, Canada and Mexico could fit within its borders. It was no wonder therefore that the itinerary was packed, and our students were only visiting St Petersburg and Moscow.

Name goes full circle

The trip started in St Petersburg, on the Neva River. It was named St Petersburg in 1703 but in 1914 the name changed to Petrograd, in 1924 to Leningrad, and in 1991 back to St Petersburg!

The students visited Piskarevskoye Cemetery, a sobering place that

conveys the scale of tragedy that the city lived through during the Second World War (the 900-day Siege of Leningrad). For more than two and a half years the Nazis kept Leningrad under siege, but its heroic defenders, both soldiers and civilians, did not surrender. Everyone found the visit here very poignant and it helped to deepen their understanding of what had taken place.

To keep their strength up the students enjoyed sampling traditional pancakes.

Also on the itinerary was the Political History Museum as well as the chance to take in spectacular views of the city.

The Yusupov Palace is where the powerful Yusupov family lived – the wealthiest family in the city after the Royal Family. The palace was the scene of the murder of the monk Rasputin

and the group were able to see an exhibition that detailed his life and death.

After some more sightseeing the students and staff took an overnight train to Moscow.

Braving the cold

There was a minus 16 degree wind chill in Moscow but they braved the cold to immerse themselves in its history. Visiting the Kremlin and Red Square was a highlight. An architectural ensemble of unique beauty that took shape between the 15th and 20th Centuries, the Kremlin is the former residence of the Russian Tsars.

The group met up with Heden girls Lina and Liza whilst in Moscow who were proud to show off their home town.



Pastoral



Showcasing our star performers

LOUISA Tait, one of Seaford's LAMDA teachers, organised a fantastic LAMDA Evening to showcase what her students have been working on in her lessons.

LAMDA is a fantastic course that students can take for acting and drama, as an extra-curricular activity.

Commenting on the evening, Headmaster John Green said: "It was a superb evening of poetry, monologues and duologues with performances across all age groups.

"I was blown away by the talent on show and it was a very enjoyable night. Well done to Louisa and her team. The night was very well received by parents and you could see that our students really enjoyed performing. I look forward to seeing more LAMDA Evenings in the future."



SEAFORD'S Peer Mentors met for tea with Headmaster John Green and the Pastoral Team. The aim of the tea was to give everyone an opportunity to discuss what they were doing and to share ideas.

Thank you to Seaford parent, Becca Randell for joining us. Becca helped to train the Peer Mentors and was on hand to offer advice.

Seaford has Sixth Form Peer Mentors who work in both the Prep School and Senior School, and are trained externally at the start of the academic year.

Pastoral 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. They are trained to pick up on warning signs, look after young people, talk to them

Chance to catch up

and then inform staff about any issues. They can be easily identified as they all wear pink lanyards and there are posters of who they are displayed around the campus.

Thank you to our Peer Mentors for the valuable work you do for our community.



Perfect environment for learning

SIXTH Form and Year 11 Students returning from the February half term holidays quickly embraced Seaford's wonderful new state-of-the-art common rooms, classrooms and study areas.

The design maximises the use of natural light, providing relaxed and well-lit study areas, and acoustic panels help to reduce noise and provide a quiet learning environment.

The spectacular viewing area that looks out over the sports fields has marvellous indoor and outdoor space with doors that

open up to reveal the view.

An impressively spacious new library is at the top of the building, with fine views over the campus. Librarian Susan Kerby was amazed at how many students volunteered to help her with the enormous task of stocking the shelves.

Joe Follows, our Director – Head of Sixth Form, taught a class in the new facility in the first week and said: "The building is stunning, we have exciting times ahead with the new Sixth Form Centre, library, common rooms and classrooms."



COOL VISIT: Students outside the Hermitage Museum in St Petersburg

You've been amazing!



HEADMASTER John Green always says thank you to the Prefects and Head Girl and Boy for the time and work they give to Seaford in their final year.

They join him for an afternoon tea and it's always an emotional event. He presents them with an engraved Seaford pen to remember their time at Seaford. He also gives them their original letter of application, so that they can reflect on their personal development in the role.

Thank you to all of our Prefects for your hard work and for being great role models for other students to look up to!



Academic news



Seaford's scientists take social media by storm

ONE day last term the extraordinary world of Seaford's Science Department was revealed to all when it became the centre of the school's social media for the day.

The day of filming began with an introduction to our Head of Science Mr Seb d'Agar. Seb is also a Houseparent to our Prep School students. In his 7th year at Seaford, he plays an important role in our academic strategy.

'Lightbulb' moments

As he went out and about throughout the day capturing our students' experiences of science, he reported: "Year 7 students are finding out about electrical circuits and voltage with Mr Canavan this morning. There have been lots of 'lightbulb' moments already and it's only 9am!"

Upper Sixth Biologists were shown using the science corridor

to lay out a huge genetic cross diagram looking at Sickle Cell Anaemia and Cystic Fibrosis, put together by Miss Weir.

The next lesson visited was a Lower Sixth Biology lesson focusing on genetics. Rupert Blackwell, a Lower Sixth Biology student carrying out PCR to copy DNA with Ms Bloomer, said: "It's great to actually be able to experience what geneticists would do".

Before lunch, Year 11 students were seen learning from their recent GCSE Physics mock papers with Mr Hypher and some of our Upper Sixth Physics students were observing all three states of water at once using a vacuum pump, under the watchful eye of our Head of Physics, Mr Canavan.

Whilst many of the students went to lunch, the Science team didn't stop!

Mr Canavan and two of our

technicians were trialling an investigation into Brownian motion for some of our A Level Physicists.

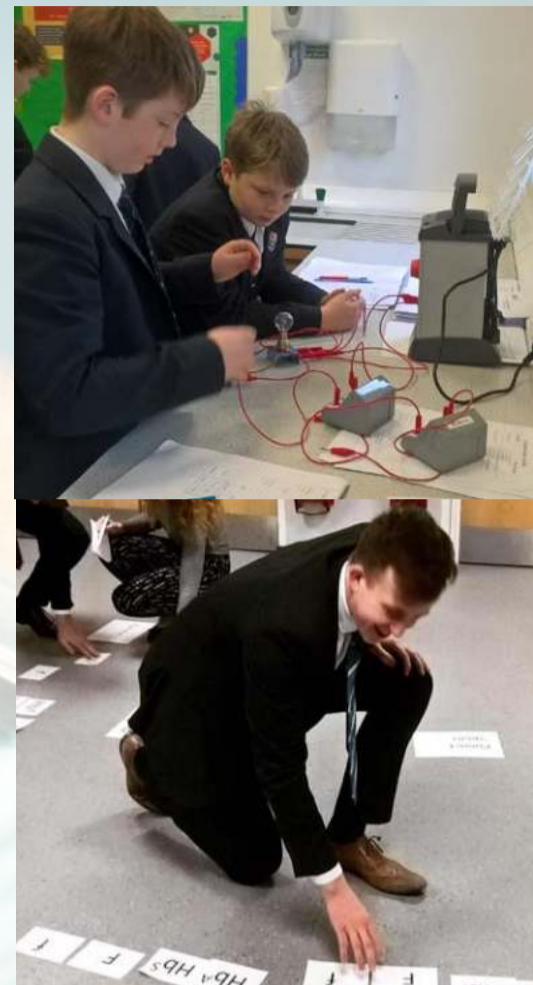
In the afternoon we saw Year 11 learning about the factors which influence ecosystems with Miss Weir, by playing a game with gummy bears on Bear Island.

The day finished with a dissection club with Year 9 which involved dissecting lambs testicles. This was part of our co-curricular programme in the science department.

A typical day

None of the activities that took place that day were planned for the benefit of our social media, it was simply a glimpse into the amazing breadth of the subject of science.

Students at Seaford get to experience lessons like these on a daily basis.



Chance to push the boundaries

THIS year Seaford has started up a new Biomedical Society for Sixth Form students who are interested in medicine, veterinary, biology, pharmaceuticals, nursing and the wider research among these areas.

Meeting fortnightly there is a range of activities for the students to explore and expand their knowledge and interests.

The society started by reading and discussing a research paper looking at the use of induced pluripotent stem cells to treat blindness caused by degeneration of the retinal cells.

It was, in itself, a challenge to understand

the complex medical terms and follow the procedures used. This led on to the students forming teams to debate both sides of various ethically and morally complex issues such as: whether doctors or relatives should have control of final medical decisions, should we be producing GM crops and is it cruel to keep animals in zoos?

The students were also challenged to research a degenerative disease of their choice and present their findings to their peers. It was fascinating to see what the students chose and what they discovered



from their research perspective.

Students are also fortunate enough to have visits from guest speakers. Joe Amin, an ex-Seaford pupil, recently presented his research into the evolution of the eye to our students who were amazed at the complexity of structures and techniques the natural world has created.

This society is a fantastic opportunity

for the Sixth Formers to explore beyond the classroom curriculum and stretch their thinking to incorporate wider views and approach concepts from new angles through the sharing of ideas with both peers and professionals. It has been an exciting start and we can't wait to continue expanding our horizons, staff and students alike!



I enjoy how interactive the sessions are – debating and exploring the current issues in the Biomedical Society is my favourite part!
Maria Kuskova, Biomedical Student

BASS gets pupils thinking for themselves

YEAR 7 pupils had a BASS (Becoming a Seaford Scientist) lesson which saw them exploring relationships and patterns.

With Seb d'Agar, Seaford's Head of Science at the helm, they were asked to look at the relationship between the number of joints on a tree and the width of the branch. With BASS lessons designed to give pupils the thinking skills required to apply their learned content to novel and investigative situations, this was no ordinary lesson.

Despite the rather soggy weather, the class ventured outside. Making use of the stunning nature on our doorstep, in small groups they huddled under the bushes to measure the branches and record their results in a table. They soon came to the

realisation of the pattern that they were seeing: "Oh, the higher up you go, the thinner the branches become."

Back in the classroom the pupils plotted their results on a graph, thinking about their title, scale and axis.

Encouraged to question

They were encouraged to ask each other for help before the teacher; another part of BASS is being able to work with as little teacher input as possible, actively thinking and questioning all of the time. They finished by writing a sentence to describe the relationship they had discovered.

It was an interactive and thought provoking lesson which delighted the

pupils. Disguised in the fun and activity was key learning. They came away having improved their graph drawing skills and knowing what inversely proportional meant, having identified the relationship on their graph.

Seaford has introduced BASS at KS3 following the introduction of the required practicals into the new Science GCSE specification.

The focus is to improve the students' ability to work together and problem solve practical tasks by working as a part of a group. These lessons give our pupils an insight into how we want our GCSE and A Level scientists to think and how this then links to real scientists.



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

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



CCF/outdoors



Students go phone-free

A GROUP of Year 9 students found themselves without phones and with no access to social media for a weekend. To many this would have been torture. Not to these students however. They were doing their Bronze Duke of Edinburgh Award and so had a bigger task at

hand – ensuring their tents were not going to blow away!
The Duke of Edinburgh Awards initiative helps young people push personal boundaries, learn new skills and go the extra mile. Our Year 9s certainly did that – whether it

was learning how to cook for the first time or walking with a heavy rucksack in poor weather conditions. They all kept up high morale and certainly persevered to ensure they achieved their personal objectives, and the aims and ethos of the Bronze practice weekend.

Arguing their case in style

SEAFORD'S debaters and public speakers have been busy this term.

Anna Pantazopoulou and Tor Potheary reached the second round of the ESU Schools' Mace competition and were involved in a passionate debate against Lancing College on the subject of corporations adopting a public stance on social issues. The team argued well but on this occasion did not progress to the next round.

Our Year 10 team (pictured below) had an excellent outing at the Regional Finals of the ESU Public Speaking competition at the Bishop's Palace in Chichester, with Tommy Hodson presenting on the subject of the environmental impact of renewable energy, picking up the prize for best individual speaker against some very tough opposition. He was ably supported by Jolyon Haynes and Dougal Artingstall as questioner and chair respectively.



Honing their military skills

EIGHT cadets from Years 11-13 attended a Military Skills Competition at the end of March. Taking place on the Military Ranges and Training Areas around Folkestone, there were 18 teams from other schools' Combined Cadet Forces and from the Army Cadet Force.

The Seaford team got involved in a variety of competition tasks, including

navigation, patrol skills, shooting, leadership and an obstacle course. Ably led by School Sergeant Major Ollie Somers, the team gelled well, had a good time and also learned some new skills. They improved upon last year's result and all said they are looking forward to entering next year's competition and hopefully improving further.



SPECIAL GUEST INSPIRES CADETS

THE CCF's annual Mess Dinner was attended by cadets from Years 11-13, members of the SMT and CCF staff, and guest of honour and speaker Lt Gen (Ret'd) J. Bashall, CB, CBE, above.

General Bashall retired from the Regular Army in 2018 after 34 years of service. His final post was Commander Home Command, based in Aldershot.

He gave a well-received and thought-provoking speech that may inspire some of the cadets to enter the services.

Selected cadets had the opportunity to improve their public speaking skills by talking about the history of the three services. The evening was a great success with General Bashall feeding back how impressed he was by the cadets.

Community



IT'S becoming something of a tradition for the Walled Garden boarders to prepare red roses and sell them to raise money for their chosen charity on Valentine's Day. This year the funds raised went to Combat Stress.

Using a GoPro, Rupert Blackwell captured some fantastic footage as he followed some of the students around the campus as they distributed the roses that had been bought. Thanks to him and to Student Content Creator, Alfie Whitchurch for filming the day.

Many thanks also go to Bill and Alana Cuthbertson who delivered the Valentine's

ROMANTIC GESTURES CAPTURED ON FILM

roses. They are former Houseparents and since retiring they make deliveries for the family business Nicci-G's Flower Studios. Bill is a former Scottish international rugby player and was a popular rugby coach during his time at Seaford.

Our amazing catering team pulled out all the stops on the day too, providing everyone with some wonderful treats.

Prep School News



Thirsty for the facts

FOLLOWING hot on the heels of World Water Day, the theme for Seaford's third Creative Week was WATER!

Prep School Deputy Head Mr Hart kicked off the week by explaining that the water we drink at Seaford comes via rainwater passing through the chalk on the South Downs.

This was followed by activities for students to investigate the topic of water.

Mrs Lewis prepared a fantastic WaterAid assembly, highlighting the importance of water to us all – you can only survive for about four days without water compared to four weeks without food.

Facts on consumption

Students learnt that on average we use about 80 gallons of water a day, guessing correctly that the biggest consumption of water is from flushing a toilet. Mrs Lewis spoke about her time in Indonesia, where fresh water doesn't come out of the taps and she got everyone to think about their 'water walk' compared to other children.

WaterAid heard about the assembly and congratulated the students on helping to spread awareness of the global water crisis.

The children were tasked with writing water poems, where they were encouraged to think about water words, share ideas and collaborate, with the text arranged in water shapes.

The children visited Seaford's wetland habitat, Botany Bay, to investigate water animals which live in two contrasting water worlds – a moving chalk stream and a static pond. The activity encouraged the children to develop the skill of using charts to identify the living things they found and understand how different creatures have evolved and adapted to their water life. The children began to understand that conservation at Seaford

plays a vital part in encouraging local wildlife to thrive. We hope that this message will inspire them to protect our environment for future generations.

As part of a team-building exercise, the children visited the swimming pool to create a raft from limited resources. Working in mixed age groups, the activity culminated in a member of each group crossing the swimming pool on the raft! The children had a lot of fun learning about the force of buoyancy and concepts of mass, weight and density in the most practical of ways.

An ocean view

The outdoor classroom at the Prep School was put to good use as the children were introduced to the five layers of the ocean and learned how the different creatures have adapted to life in each zone.

Throughout the week, the catering team demonstrated how water is used for different cooking methods and created a different fish dish each day.

Seaford's Scientist in Residence, Dr Richardson, demonstrated the Triple Point of Water: water is the only substance that can exist in the three states of liquid, gas and solid at the same time. Dr Richardson emphasised that very few adults will have seen this experiment. It was such powerful learning for our Prep School students.

They're all fired up for a week of words



SEAFORD College embraced World Book Week with a range of activities to help nurture and celebrate our love of reading.

The week began with a book swap which enabled students to find a new book to read and give someone else the opportunity to read their favourite. They brought in books that they no longer needed and swapped them for a small donation to the RSPCA.

On Tuesday, the Prep School took part

in a picture hunt. They spent their break time looking for 'Where's Wally' pictures placed around the school and collecting the attached letters that spelt out the name of a well-known author.

On Wednesday author Peter Bunzl came in to talk about his work and run a number of workshops. Peter writes quirky tales about finding your place in the world and what makes you unique.

Peter is also an animator and he captivated pupils in Years 2-4 with an

Learning how to do the animation was really interesting
Poppy, Year 4

animation workshop. He took them through the steps of making a simple flip book animation, much to the delight of the young animators.

Next up was a more complicated animation which required use of a zoetrope – a pre-film animation device that produces the illusion of motion. The children created a sequence of drawings that, when spun on the device, appeared to move like a film.

On Thursday Prep School pupils

came dressed as their favourite literary character. This year there were even costumes with props! Much to his classmates' delight, Jay Christiansen in Year 5 brought along his hamster, Hawk-eye, to complement his costume. And the staff didn't let us down either with their fantastic costumes.

The week was finished off with One Tree Books from Petersfield bringing in an exciting selection of books that were available for all students to buy.



Such talent!

CONGRATULATIONS to everyone involved with the House Music Competition!

Springfield won the House song and also the overall competition. Other winners and stand-out performances included Ella Mitchell (piano/singing), Lilly Strong, Honey-Bea Hogan and Eva Payne (singing), Riley O'Flynn (guitar), Blue Willmott and Harry Wheeler (singing), James Connolly (guitar), Ty Bourne (piano) and Rosie Wingate (singing). A huge well done to everyone for taking part.

The Roman way



YEAR 4 recently had the opportunity to go to the Novium Museum in Chichester. They learnt about the layout of Roman bath houses and were able to try on Roman armour. A wonderful time was had by all.

Weaving their magic

PUPILS in Year 4 worked in teams over two sessions to create these wonderful baskets (see below) out of woven hazel stakes and clematis vines. The project was part of Forest School, a learning programme delivered in the grounds of Seaford that delivers a range of skills and knowledge in a stimulating environment.



Congratulations to Seaford's U13s who are the Sussex Hockey County Champions. Seaford's Hockey Coach, Jon Williams said: "The boys played some excellent hockey throughout the day, topping their group and winning the tournament without conceding a goal. It was the first time the boys had played 11-a-side full pitch matches!"



OVER the Easter holidays a group of 27 students and three staff travelled to Salzburg, Austria on a Seaford Prep ski trip. With students from across the years, their skiing ability ranged from first timers to advanced. The skiers were split into different ability groups but these changed as the pupils' skills improved all the time.

Besides skiing, there were plenty of activities to do on-site, such as a trampoline park, bouldering wall, indoor slide, football pool, skate park, volleyball pitch and a typical Alpine cabin used for a Seaford's Got Talent night!

The group also ventured out to the local Austrian shops and spent an evening at an indoor and outdoor water park. On the last evening they got to create their own pizza at a smart hotel at the foot of the slopes where they received rewards. Annabel Powell was the well deserved winner of the photo competition. The students' excellent behaviour on the flight home didn't go unnoticed by one member of the public, who took the time to contact Mr Green to say what an asset they were to the school.



THE Prep School girls went from strength to strength last term. Their enthusiasm and willingness to learn gained some fantastic results throughout the netball season.

They also participated in a number of cross-country events. At Westbourne House they were placed 1st overall for Year 6 girls and 2nd overall for the Year 7 girls.

A few keen swimmers competed in the IAPS at Hurst Pierpoint, finalising their places to compete in the IAPS national final at the London Aquatic Centre.

The U13A Girls finished 4th in the IAPS tournament, a huge achievement for the girls.

It was great that every girl in the Prep School participated in a match to represent Seaford last term.



Fun way to learn about maths

SEAFORD Prep School loved having Michael Ede in for a workshop. Michael is a retired teacher and runs puzzle workshops because he loves teaching Maths. He donates his fee to homeless charities.

Michael had great feedback from the students, and many parents also heard great things about the workshop. Ollie Christiansen's mum remarked: "In this technology-dominated age, isn't it great to see that they can still have fun and learn from a problem involving a few cardboard boxes!"



Well done to all of our Prep School swimmers who competed at the IAPS Regional Gala.



FIVE Seaford pupils shot a round of 50 sporting clays on a very foggy morning in February. They posted a grand total of 149/250 as a team. In the afternoon a team from Petworth Rifle Club came up and shot the same course posting a team score of 154/250. Well done PRC.

Seaford has practice sessions on a Saturday morning 10am-noon, meeting outside the Art Block. For more details contact Tony Bracci, Seaford Shooting Instructor: tonybraccishooting@gmail.com



SEAFORD Equestrian pulled off some wonderful performances in a number of competitions last term, finishing off with a couple of days at the NSEA County Show Jumping Championships, representing West Sussex as the top team in our county.

The 85cm team comprised Sophie Gosling, Beanie Bradley, Jessie Schute and Emily Cook. One of the few teams to achieve zero faults in the first round, they were unlucky to roll a couple of poles in the second part of the indoor course against the clock. Seaford was placed 10th overall so in the top third of all equestrian schools in the UK. The 95cm team comprised Beanie Bradley, Jessie Schute, Flora James and Sophie Gosling.



Our U8 and U9 teams had a fantastic afternoon of rugby at Seaford against Brighton College.





Sport

Coach nets an England call-up

NETBALL Coach Natalie Miller has been selected for the England Indoor Nets Ladies squad for the Indoor World Championships in South Africa later this year.

Natalie, who was also part of the squad in 2016 when they won Gold in the World Championships in New Zealand, told us that she's: "Over the moon! I can't wait to represent my country again and go to South Africa to retain our title in August."

There was a time when such an achievement wouldn't have seemed possible. About a year ago, whilst playing in the national league, Natalie ruptured her achilles and was told by her surgeon that she



wouldn't be running for at least a year.

"Being told what was ahead of me actually really spurred me on to attack my rehab. I wanted to get back and get fit."

It is this determination and effort that Natalie also puts into her coaching at Seaford.

Natalie has enjoyed her time since joining Seaford. She said: "It's been absolutely brilliant. It's great to come in during the netball season and be with such fantastic girls who are so willing to learn and want to get better at their netball." The girls enjoy having Natalie coaching them too and were delighted at the news of her call-up!



The Seaford Fastnet Netball Tournament was a huge success with 12 schools taking part. It was great to see such effort, energy and enthusiasm from the girls as they turned their hand to a new variation of the game. Well done to everyone involved and a big thank you to all the schools for attending.

Netballers' impressive team spirit

WELL done to all of the Seaford Netballers who put on some fantastic performances in the SISNA Championships.

Our U14s had a great experience and our U15 had a fantastic day, winning all the games in their pool except one against Hurst (which they only lost by 2). Our Senior Netballers also showed amazing effort.

Netball Coach Natalie Miller said: "Their effort, energy and enthusiasm was outstanding throughout the whole day.

"Their camaraderie and teamwork were first class and commented on by other schools. We are very proud of their performance and know the girls will continue to improve as they continue their time at Seaford".



They did it!

AFTER five months of intense training that involved eight gruelling river races in all weathers, Seaford's 12 amazing paddlers emerged from the Thames up the steps beside Westminster Bridge having completed the Devizes to Westminster Kayak Marathon – a 125 mile, 77 portage international race.

As well as racing over different parts of the DW course in the build-up to the event, the squad used the state-of-the-art gym facilities at Seaford to improve their fitness.

Amid much excitement (and nerves), the six kayaks of Will/Ollie, Henry/Archie, Barney/Ben, Mark/Kaj, Beth/Coni and Zoë/Fliiss set off from Devizes on Good Friday morning.

Temperatures started to pick up, with the hottest Easter on record being forecast.

On Easter Sunday the support teams and

coaches put in some extra stops to refuel the crews, apply suncream and supply some much-needed encouragement to bolster the paddlers' spirits for the long stretches between locks.

On Easter Monday it was the final stretch to Westminster and Seaford's paddlers set off with everything to paddle for and, as expected, six exceptionally strong performances saw all kayaks complete what is widely considered to be one of the hardest endurance events – and collect their well-earned finishers medals.

The experience was an enormously rewarding and proud achievement, in aid of a hugely positive individual, Ellie Holt for whom they have currently raised £6,000.

Thanks go to all the parents and amazing support crew, without whom the paddlers could not have achieved what they did.

Defeated finalists will be back for revenge

DEFENDING champion Gus James narrowly missed out on claiming the National Schools Real Tennis Award as he partnered Henry Sunderland at Queens Club, London.

After two fairly comfortable wins over the Oratory School and Wellington, Gus and Henry played against a youthful St Pauls and lost 6-1 (although four of the games went to deuce).

As runner-up in their division they played Canford in the semi-final and won 6-4, setting up a final against St Pauls. But they lost again, with the same scoreline of 6-1. Gus and Henry were one of the youngest pairs at the tournament and this bodes well for the future.



CONGRATULATIONS to our Hockey 1st XI for their performance in the quarter final of the ISHC against Repton.

Ahead of their match, the team had a team talk with Headmaster John Green, Director of Sport Liam Doubler and Coach Chris Adams. They were heading to Chris Adams' old school, Repton for the match.

Stevie Doolan, Seaford's goalkeeper said to the team: "Let's go out and enjoy this special moment

Up against the best

as a team. On Monday we can come back to Seaford either as winners or knowing we've played our best for the school!"

The team played exceptionally well and only lost 2-1. There were even a few chances to level but with Repton being the top school in the country for hockey, this was an incredible result. Well done!

Towering performances at championship



SEAFORD'S Senior Rugby Team headed to the Sedbergh Super Tens Rugby Tournament to play against some of the best teams in schools rugby. The weekend event was a resounding success with the boys being exposed to some high level play. They all put on fantastic performances, winning two of their matches.

Liam Doubler, Director of Sport said: "It was a fabulous event with many of our boys wearing their jersey for the last time. It was an event that they will remember for years to come and they should all be very proud of themselves."

Festival is a rugby feast

SIXTEEN teams from schools the country took part in the annual Rugby 7s festival at Seaford, with some competing for the first time.

The standard of rugby displayed was exceptionally high, with the teams split into four groups. The winners of each group competed for the Seaford Cup which was eventually won by Dulwich College after beating Epsom College in the final. There were further Bowl, Plate and Shield competitions for the teams that did not win their group.

Cup winners Dulwich College said: "Huge thanks to Seaford College for a great tournament."

The event wouldn't have been possible without the incredible effort from the sports staff, catering team and grounds staff.