

# THE WEEKLY NEWSLETTER

3 May 2019

I always consider the Summer Term to be our happiest in the calendar largely because it is a chance to make the most of all the marvellous places to explore, right here on our doorstep. As an example, the Lower Sixth girls are enjoying their Tuesday afternoon activities down on the quay, large swathes of the Junior School and Senior School are already preparing excitedly for their residential trips towards the end of term and our Ten Tors teams are gearing up for the Challenge itself next weekend. That said, for the Upper 6 and Upper 5 girls, this term has an altogether entirely different significance – that of their impending GCSE and A-level examinations!

Many will be sitting their first exams next week and may I wish them the very best of luck as they have all worked incredibly hard and deserve every success! Given the prolonged period over which these take place, my most important piece of advice is to look after yourselves. Stay hydrated, get lots of sleep, remember to take time out for exercise and try (easy for me to say, I admit) not to let stress take over – performance can improve by 10-20% simply by staying calm and healthy. Take big breaths, be positive and bear in mind that this final hurdle is short lived and you are already at the beginning of the end, which must be a relieving thought.

On an altogether separate note, I have enjoyed a most educational experience this week in my role as an ISI inspector. It's been very interesting wearing the boot on the other foot and although these will be very few and far between, inspecting another school equips me well for when The Maynard has its next call up. As a result, I have been offsite these past few days but it has been an invaluable experience nevertheless and I'm quite sure that the benefits will come to bear further down the line!

As I write, Mme Smith and her Upper 3 and Lower 4 French Language students are heading off on their trip to St Omer in the north of France where they will spend the long weekend soaking up the cultural delights. This is always an immensely popular trip involving French language workshops as well as a variety of fun outings to



places such as the market, the local goat farm and, probably most memorable, the chocolatier! I hope they all have a wonderful time and we look forward to hearing how it all went on their return.



Finally, I announced our new Head Girl Team in last week's newsletter so it gives me great pleasure to include an interview at the end of this edition as an introduction (for those who don't already know her) to Emma who will lead the team over the next year. I hope you will enjoy the opportunity to put a face to the title whilst finding out just a little bit more about her and any plans she might have during her tenure.

In the meantime, on to the week's news ...

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### Intermediate Kangaroo round of the UK Mathematical Challenge

Congratulations to Shweta (Upper 5), Natalie, Katie, Hansini and Rose (all in Upper 4) who qualified to take part in the next round of the Intermediate Mathematical Challenge. This was a terrific achievement and we have just received their results – suffice to say, they all did remarkably well. Particular mention must be made of Shweta and Katie who were both awarded merits for their excellent performances – well done to you both for such an outstanding achievement!

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### Every school needs a wellbeing team

With the rise in mental health awareness and as part of our whole school wellbeing strategy, we made the decision to start a Wellbeing Committee with staff and student volunteers. The aim of this new initiative is to meet once a term to improve our wellbeing provision and to raise awareness across the whole school community.

We are really pleased to announce that our first meeting this week has been a huge success with great and informative contributions from the Upper 5 and Sixth Form girls who had lots of suggestions and ideas, with much for us to think about. Each attendee was presented the opportunity to be honest about how they felt and to share common issues, as well as provide us with a wealth of ideas: from exam pressure to mindfulness, study spaces and transition, they offered lots of solutions. These will now be looked at by the Senior Leadership Team before some ideas can be moved forward and shared with the students and school community.



We are really pleased with the girls' involvement and we look forward to the committee steering our wellbeing provision in the future.

If you are interested in being involved in, or contributing to, this Wellbeing Committee, please contact Mrs Leigh or Mr Loosemore.

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### Mindfulness in the Pre-Prep

As another strand to our ongoing wellbeing provision, we have started to run the Headspace mindfulness programme across the whole of the Junior School aimed at improving mental, emotional and social health via a short meditation each day. As such, we are taking part in the global awareness for Mental Health Month whereby Headspace is hoping to achieve one billion shared minutes from their programme. Our girls are certainly enjoying doing their little bit towards helping the cause whilst learning the basics of mindfulness.



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### Second bite of the cherry for our Rocket Club girls



Thanks to Storm Hannah which resulted in the postponement of the South West Regional Qualifiers for the UK Youth Rocketry Challenge originally scheduled to take place last weekend, our girls have been handed a second attempt to qualify for the national finals. As such, they will be travelling to Chippenham tomorrow with their finely tuned rocket having thought that a clash with their Ten Tors training and the original date had ruled them out of the competition.

Our thanks to Storm Hannah for handing them this opportunity and we wish them well – the assessor was certainly most impressed with the build and design of their rocket at an initial launch and more recent modifications will put them in good stead for tomorrow's competition! Good luck to them all and many thanks to Mr Ibrahim for embarking on yet another fantastically exciting rocket adventure with the girls! May the fourth be with you!

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### Thank you to the MPA!

Our huge thanks to the MPA for kindly supplying the Pre-Prep girls with so many, and already much loved, toys. We have already witnessed a huge array of imaginative shows on the new stage and lots of squealing can be heard as they zoom around on their fabulous wheeled toys. The girls were also given some new den building equipment and have wasted no time in building all sorts of camps at break times. Thank you!



### Spreading a little happiness ...



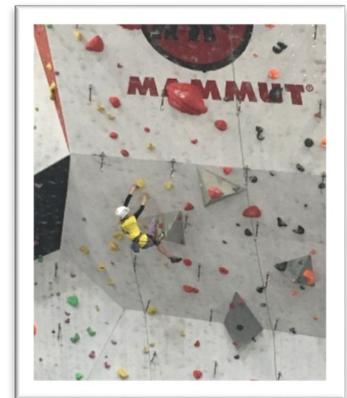
On Wednesday, the Senior Choir, Bel Canto and the Saxophone Quartet were delighted to perform to the ladies and gentlemen residents at The Lodge. A number of the girls who take part in our ensembles have volunteered there recently and were keen to perform to them again before their exams begin. The audience hummed along and the girls performed with great aplomb making this a truly happy occasion for all those involved.

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### Climbing success for Emma

Congratulations to Emma in Upper 3 who participated in the British Grand Final of the BMC Youth Climbing Series last weekend. This is the main competition for young indoor climbers in Britain and she did brilliantly to finish in overall 14th place - an even more impressive feat given she will be climbing again in the same age category next year.

Next up for her are the South West Regional Swimming Championships for which she has 10 qualifying times. Good luck, Emma!



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### Junior swim team kick season off to a great start



Our first Junior School Swimming match of the year was held against Exeter School this week, with swimmers from Years 4, 5 and 6 competing. A first for many, we started the event with nerves and ended with smiles! It was a brilliant experience with lots of fabulous racing and some tightly contested finishes.

The highlight of the gala were the two Year 6 relays, where our teams absolutely gave their all, narrowly missing out on catching Exeter in the medley relay, but catching them up on the freestyle equivalent with Claudia on the anchor leg clawing back a 4m lead to win the final event of the match!

Well done to all the swimmers!

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### Athletics success at the Exeter and District trials

We took 13 girls to the Exeter and District Athletics Trials at Exeter Arena yesterday, with the following girls being selected to represent Exeter at the next round on Thursday 16 May:

Honey (Upper 3) - 100m and shot put  
Natalie (Upper 4) - 200m and long jump  
Katie (Upper 4) - 1500m  
Rosie (Lower 4) - shot put  
Louisa (Upper 4) - high jump  
Dulcie (Lower 5) - javelin

Congratulations to them all and we wish them the best of luck for the next stage!

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### Gym & Dance Show 2019

All Junior and Pre-Prep girls have been busy rehearsing for next week's Gym and Dance Showcase, with class dance performances from Pre-Prep to Year 6, ballet renditions and gymnastics routines all hoping to wow the audience. We are expecting a full house and all tickets have now been issued, so please only attend if you already have one as we will not be able to squeeze you in otherwise.

The Show takes place next Wednesday 8 May in the Performing Arts Centre and doors will open at 2.15pm. We look forward to seeing you there for another of our famous showcase spectaculars!



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### Equestrian success for our Junior riders

Congratulations to all the Junior School girls who were so super successful last Sunday at the show jumping competition held at Bicton Arena. Anaya (Year 2) won team 2nd in the 40cm assisted, Hannah (Year 4) and Darcey (Year 6) won team 2nd in the 40cm unassisted and Sophie (Year 6) was a member of the winning team at 50cm. Sophie and Polly (Year 5) also helped their team to victory in the 60cm class with Polly going on to finish individually 2nd in this class and then 7th in the 70cm. Jasmine in Year 4 was also placed 4th in the 80cm class to cap off an excellent day for so many of our young riders.



Congratulations to Anaya, Hannah, Darcey, Sophie and Polly who all qualified for the Regional Championships in August!

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### Congratulations to Zoe

A huge well done to Zoe in Upper 3 who passed her (Women's Artistic) Gymnastics National Grade 2 with a Distinction last weekend.

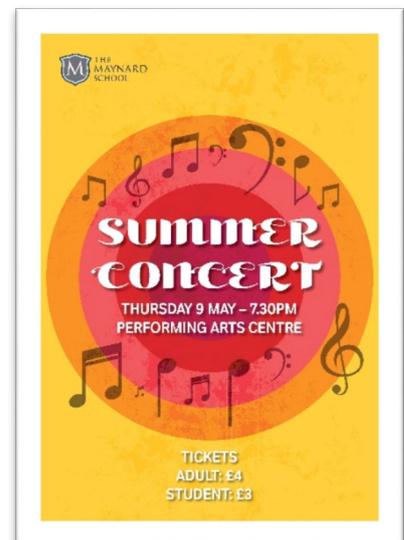
She competed against 21 other gymnasts from the South West on five apparatus to finish 2nd on Floor and 3rd on Bars, earning her very well-deserved silver and bronze medals. Not only that, but she placed 6th overall which qualifies her as a member of the SW Gymnastics Regional Team. Congratulations, Zoe!

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### Summer Concert reminder

Don't forget that we are holding our Summer Concert here in the Performing Arts Centre next Thursday 9 May from 7.30pm so do please be quick to purchase your tickets from Reception to avoid disappointment.

Always a phenomenal event in our calendar, this year's concert promises to be extra-exceptional as we are fortunate to have so many extremely musical Upper 6 girls in our midst. This will be their final concert at school (having previously performed in so many) so it could well be rather an emotional event for audience members and performers alike. Bring your tissues!



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### Exeter Food Festival



If you haven't any plans for the Bank Holiday weekend and are wondering what to do, don't forget that it is the Exeter Food Festival taking place over the next three days.

This is always a great family day out with live music, celebrity chef demonstrations and three large pavilions featuring the best producers of food and drink in the South West.

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Whatever your plans, have the most fabulous Bank Holiday weekend!



Sarah Dunn  
Headmistress

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## Meet Emma – our incoming Head Girl!

### **Why do you think you were chosen to be the Head Girls and was it a surprise?**

Being chosen was a complete surprise. There are so many incredibly talented and kind girls in our year that I didn't really expect to even be in the running. However, now that I have gotten over the initial shock of it all, I am filled with excitement about my year as Head Girl and I can't wait to get started.

### **What did your parents say when you told them?**

After being told, I almost immediately rang my parents. Their initial reaction was one of complete surprise - it had never really been on the table, so they were almost as shocked as me. In fact, my dad was convinced that he had been prank called by one of my friends!

### **How long have you been at The Maynard?**

I joined the Maynard in Year 9, and am now in my fourth year here. For almost all of that time I was convinced that I would attempt to get into medical school. However, after much deliberation this year, I have decided that at the moment a less vocational degree would suit me more. I am studying A-Levels in Biology, Chemistry and English and now hope to do a degree in Human Sciences, with the aim of working for an NGO or the UN.

### **What are your fondest memories so far?**

I have so many amazing memories. Not being the sportiest of people, I have loved the alternative sports that Maynard offers. In my first year I went to Austria on the ski trip. I had the most incredible time, with plenty of falling over, snow fights and general mucking around! I have also enjoyed being a part of the Maynard equestrian team. For being a relatively small school in comparison to the rest of the competition, Maynard has become renowned on the South West circuit and I have loved being a part of it!

### **What do you and the other nine members hope to achieve in the next year?**

I think our team had a lot to live up to, as last year's team were so good. But I think we hope to continue the great work of the preceding team, whilst adding our own ideas to ensure that the school runs smoothly and remains a happy place to work and study!

### **What are the stand-out strengths of this year's team?**

I think our team this year has a remarkable creative flair. Whether that be in music, drama, art or the ability to produce original ideas and I imagine that will help us maintain a happy, fun environment at Maynard. Although this year's team has a real mix of talents, I think most importantly we are all really proud of our school, which I hope will be demonstrated throughout our year as the Head Girl Team.

### **What's the best bit about being a Maynard Sixth Former?**

The Maynard Sixth Form experience is difficult to describe. Although, arguably, this period is meant to be the most stressful time in our academic life so far, the atmosphere in the Sixth Form would suggest otherwise. For me the best thing about being a Maynard Sixth Former is the support, from both friends and teachers that each individual receives no matter what avenue they hope to achieve in.