

the word

The Magazine of The Maynard School Alumnae
Spring 2020



A Focus on Wellbeing

Dog Therapy

*Meet some
of our canine
community*

*An Award Winning
Provision with a
multi-pronged approach*

Helping our Communities

*How our alumnae
reach out*

This magazine is going DIGITAL!

One of our sustainable priorities, in a digital world, is to reduce the amount of paper we use and we feel the time has come to reduce the print run on all of our publications, where possible. We apologise for any inconvenience this may cause and trust you will understand and support this motion.

Although we hadn't bargained on taking this stance quite so soon this year, we propose that we continue to send The Word by email only to all of our alumnae in the future so, if you haven't done so already, please send your current email address to rachaelboard@maynard.co.uk to ensure that you will continue to receive your copy!

IMPORTANT INFORMATION ABOUT REUNIONS

Unfortunately, at the time of 'going to press' we have had to postpone three of this year's intended reunions until things return to normal. Rest assured, we will be back in touch with those of you in the 1970, 1980 and 1990 year groups to propose new dates.

Next year, we will look forward to welcoming back all those from the 1971, 1976, 1981, 1991, 1995, 1996, 2000, 2001, 2010 and 2011 year groups. Please do spread the word about these to your peers and be sure to ask them to let us know their contact details so we can be in touch about arrangements!

Thank you and we very much look forward to welcoming you back!



WELCOME

May I wish you all the warmest of welcomes to this edition of The Word magazine. It seems terribly strange to be putting this together from the confines of my garden shed as the country faces COVID-19 lockdown and with School being temporarily closed. As a result, I have had to make the very difficult decision this year to make this an email-only version so, if you are reading this and know of someone who would normally enjoy a print copy, please could you either forward it to them or ask them to drop me a line so I can keep their email contact details for the future?

Talking of which, with us all at The Maynard trying very hard to promote sustainability and environmental awareness, it seems fitting that we attempt to scale down the amount of print material that we are producing. As such, I would dearly love to continue the unexpected precedent set this year by not printing the magazine and only sending email versions moving forwards. As such, never before has it been more important to get in touch with me so that I can keep a record of your email address for future deliveries. My full contact details can be found on the inside back cover and I very much look forward to hearing from you!

When I outlined the content for The Word several months ago, I wanted to give it a theme and settled on 'wellbeing' on the back of us achieving the Wellbeing Award for Schools last year. Little did I know back then that the world was going to be faced with immense mental and physical wellbeing challenges at the time of publication. However, I do hope that you enjoy reading the many endeavours of our whole community to help look after both ourselves and one another.

As ever, the pages here cover only the briefest synopsis of everything that is going on at The Maynard and in the wider community but do keep an eye on our website (www.maynard.co.uk) or our social media platforms for a bigger picture of it all.

In the meantime, please look after yourselves and keep in touch!

Rachael Board (Editor)



NEWS 2019

A super successful year!

The best prize ever...

You can imagine our delight when we received the phone call to say we had been voted the Sunday Times Schools Guide 2020 Southwest Independent Secondary School of the Year last November. This prestigious award was triggered by our incredible A-level and GCSE results in the summer, but was also judged on the wider ethos and values within the whole school community.

“In a year when all-girls’ schools have dominated the Sunday Times School of the Year awards, The Maynard has caught the wave, its students gaining stellar results in the past summer,” explained Alastair McCall, editor of The Sunday Times Schools Guide. “A caring, nurturing ethos in the school fosters success without it being the school’s sole objective. Achievement is recognised in all walks of school life, and not just in the examination hall. Girls leave as rounded individuals, ready for the next stage of their academic life and ready to take their place in the wider world beyond.”

Of all the awards that we so regularly win, this really was the icing on the cake and wrapped up an incredible year!


THE SUNDAY TIMES

**SCHOOLS
GUIDE
2020**

**SOUTHWEST
INDEPENDENT
SECONDARY
SCHOOL
OF THE YEAR**

Winner of the Wellbeing Award for Schools



In June last year, we became the first (and only) school in Devon to be awarded The Wellbeing Award for Schools in recognition of the sheer breadth of provision and robustness of support that we offer to all of our students.

As Matthew Loosemore (Assistant Head and Designated Safeguarding Lead) said at the time, “We are proud to be the educational front runners of wellbeing in Devon and understand entirely that the work we have been doing doesn’t stop with the award. We certainly won’t stand still; we want to be progressive and proactive in how we create that sense of wellbeing for all.”

With this issue of The Word having a specific focus on wellbeing, you can read more about just some of our new initiatives later on in these pages, including interviews with Mr Loosemore, Caroline Leigh (Assistant Head & Co-Curricular and Pastoral Lead) as well as our Director of Sport, Catherine Gabbitass.

5 star rating for our awesome catering team

Our incredible catering team was awarded a very well-deserved top food hygiene rating of five following their spot inspection in September.

There is no question that the food at school is exceptional and the team works tirelessly throughout the year to serve up delicious lunches and snacks for the girls and staff, not to mention the endless events, dinners and parties that we host throughout the year. This is one super busy team and a richly deserved recognition of a top-class kitchen.



The sell-out success of 'Legally Blonde'



The school musical production of Legally Blonde at the nearby Barnfield Theatre in March was yet another outstanding success, with all three nights selling out in record time. It is no mean feat to take one script, a cast and crew of over 160 schoolgirls from age 11 upwards and turn it into something that can only be described as completely flawless! We are indebted to Director of Music, Miss Blackwell, and Head of Drama, Ms Bellamy, who worked so tirelessly along with numerous other members of staff to pull together such spectacular performances. Not to mention the incredible breadth of talent we witnessed from across the school!

Sixth best hockey team in the country



As ever, sport thrives and there are too many exceptional performances to list individually, however, we recently celebrated our Under 18 Hockey squad finishing in overall sixth place at the National Tier 4 Hockey Finals at the London Olympic Park. We feel sure that playing on the Olympic pitches will be something that will live on in their memories forever.

That said, sport at school is no longer only for the competitive natured girls in our midst (although, of course, there is plenty of this offered) and we have expanded our provision significantly to promote a 'sport for all' approach in recognition of the link between mental and physical wellbeing. You can read more about all of this later on in these pages.

Top Ten Best Value School in the UK



We were delighted to have been voted as one of the 'Top Ten Best Value' private schools in the UK by the Daily Telegraph for a second consecutive year. We continue to achieve this status based on our academic excellence, the sheer volume of extra-curricular opportunities and our sporting prowess versus the "significantly more manageable price" of our fees to that of other establishments.

Biz Whizz Careers Club flourishes

The once optional Biz Whizz Careers Club has proven so significant in inspiring our students to open their minds to a whole realm of possibilities that we took the step to make it compulsory for all girls in the Lower and Upper Fifth.



Old Maynardian, Liberty Dixon (right), joined us for a talk about her role as the Head of Foresight, Science and Technology team at the Department for International Trade.

Under its new guise, we now run the club once monthly but with three separate talks appealing to a broad range of skill sets and interests that take place simultaneously over lunch. Each student must sign up and attend the one of most interest to them. This year, we have covered a huge array of careers from the armed forces, law, medicine, environmental economy, physiotherapy, interior design, artificial intelligence, the entertainment industry, investment management, journalism, charitable global giving, cyber security ... the list goes on and on.

As ever, we are always on the lookout for inspirational alumnae to give talks to the girls so, if this is something of interest to you, please don't hesitate to contact us!

Proud to be the undisputed top performing independent school in Devon!



Once again, in February, we ranked as the highest scoring independent school across the whole of Devon (whilst also nudging the very top of the tables on a national level) in the Department for Education's Performance Tables based on public examination performances in summer 2019.

At GCSE, of special note was the fact we were the fourth best independent school in the entire country and 60th overall (from 6274 schools) for the Attainment 8 score which is based on how well students have performed in up to eight qualifications

Equally, at A-level, we were ranked 73rd out of 4470 schools (and the best independent in Devon, Cornwall, Somerset and Dorset) for our Facilitating Subjects. These are the ones that are commonly needed for entry to leading universities and include biology, chemistry, physics, mathematics, further mathematics, geography, history, English literature and classical or modern languages.

Again, excellent results showcasing the efforts and achievements of our incredible students as well as, of course, our brilliant staff and wider Maynard community!

A man with a beard and short dark hair, wearing a dark blue suit, white shirt, and patterned tie, is sitting at a wooden desk. He is looking towards the camera with a slight smile. To his left is a large, modern lamp with a circular, metallic shade and a wooden tripod base. A laptop is partially visible on the desk in front of him. The background is a plain, light-colored wall.

AWARD WINNING *WELLBEING*



the focus on wellbeing and creating a happy and supportive environment emanates from the core of the school in terms of its values, approaches and explicitly in the quality of relationships between staff and children and within the whole school community including parents and governors.”

The Wellbeing Award for Schools

In June 2019, The Maynard became the first (and only) school in Devon to be awarded the Wellbeing Award for Schools in recognition of the sheer breadth of provision and robustness of support that we offer to all of our staff and students.

We have long held the belief that our students achieve excellent results in all that they do because they are happy at school. A sense of inclusion and compassion underlies all that we do and for many years we have built an enviable reputation as a ‘family school’ in recognition of the warmth and friendliness of our environment.

A MULTI-PRONGED APPROACH

In light of the worrying statistics and rising mental health problems nationally, we have taken action to ensure that wellbeing is an established aspect of school life and a key part of our culture. As such, a restructure of the Senior Leadership Team in September 2018 saw Mrs Caroline Leigh being welcomed to the school as Assistant Head and Co-curricular and Pastoral Lead. She now works alongside her fellow Assistant Head and Designated Safeguarding Lead, Mr Matthew Loosemore (also the Head of English), to ensure that no stone is left unturned to ensure the health, happiness and safety of every student within the Maynard’s care.

We talk with Matt Loosemore further about his role and his future vision for the wellbeing of the school community.

How did you come to taking over this position from your predecessor, Tricia Wilks?

Well, I was fortunate in this respect. As part of an SLT restructure a couple of years ago I applied to become the Assistant Headteacher and at this same time Tricia had decided that she wanted to make adjustments to her role in her final year before retirement. This meant that Sarah was able to appoint both myself and Caroline Leigh to the Assistant Headteacher posts which would now incorporate the new SLT role and the role that Tricia would handover to us, too.

It couldn’t have been more perfect as it meant that I

got to spend a year working closely with Tricia - who is a good friend of mine and we had a great time. It’s wonderful to have that support when you first come into a new role.

What makes you the right person for the job?

The job is a huge responsibility and a huge privilege - all I can say is that I try my hardest every day to make sure I am the right person for it. I think it’s important to listen, to be reflective, to make sure you have a great team around you and to try and learn every day from what’s gone right and from what might not have...

You’ve got to be committed to give time to people and to try and make sure everyone feels valued and listened to; we hear it all in our office and every problem is different, but even seemingly little problems can feel very big to that individual at that time and I think it’s important not to forget that.

How have you built on the legacy left behind by Mrs Wilks?

If you speak to anyone about Tricia they’ll tell you about her kindness and the spirit of community that she instilled in everyone and this is always at the heart of everything we do - it is a part of what makes The Maynard School such a special place. As such, we’ve tried to emphasise these values throughout the community. Our pastoral systems - our caring tutors and brilliant Heads of Year (Mrs Rowley, Mrs Kerrane and Mrs Fanous) remain the bedrock of what we do; we build relationships with our students and get to know them really well.

Of course, we are aware of the statistics nationwide about teenage mental health and in the last 18 months we’ve also made changes to ensure that

the school is doing more than ever to support the wellbeing of every student and to protect the family feel of the school. We now have a wellbeing 'Hub' and a bigger wellbeing team with a Pastoral Support Assistant (Mrs Drake) and an Administrative Assistant (Mrs Halpin). We have a student wellbeing committee which gives strong student voice to ensure our provision is offering the right care and help. We have school therapy dogs. We have increased the hours of the School Nurse and the School Counsellor. We have trained staff in mental health first aid and have rewritten our PSHE schemes to include aspects of wellbeing and mindfulness. We have made links with external agencies, counsellors, psychiatrists and wellbeing coaches so that we can always find appropriate support pathways for our students. We have launched new student mentoring programmes like 'Chocolate and Chat' groups, 'Happy Hour' clubs and 'LGBTQ+' discussion groups. We have new wellbeing approaches to our Physical Education programmes with offers of yoga, pilates, body balance and personal training. As you can see – we've been busy!

That's why it was so nice to be recognised for this work last summer with the Wellbeing Award for Schools. What's most important though is that we are always looking at how we can improve and that we're always reflecting on the latest practice and research – we will not be resting on our laurels.

What are the challenges you face as a man in the role or does this play to your advantage?

In truth, I really don't think gender is a factor at all and I don't believe that the girls see it as an issue either. What's key is that they feel comfortable in coming to you for help and we know that this is a really hard thing for anybody to do. In 10 years of

teaching and working mostly in pastoral roles (I was a Head of Year before coming to The Maynard School) there's not much I haven't heard or helped with. At a previous school I even babysat a student's child in my office so she could study for her Maths GCSE. It's important that students know you will not be shocked, will not be embarrassed and will not judge – they trust that you'll have their best interests at heart.

It's important too that we have a whole team here of tutors, Heads of Year, pastoral support workers and caring teachers – we hope students always feel that there's someone they can talk to! Even if they ask for support through our online 'whisper' system the message is clear – it is good to talk and we've always got time for them.

Describe your average day and the problems you might have to face

A part of why this job is so challenging and enjoyable and frustrating is because no two days are alike and often you just can't tell what each day will bring. I tend to have more on the 'to do list' at the end of the day than I did at the start of it! I'm normally teaching a few times a day and I still love being in the classroom.

My days tend to be split between the teaching and running of the English Department and being in the 'hub' - making sure I'm checking in with students and parents and support services. Of course, there's always something that comes in on an email or telephone at some point during the day, too – you'd expect that in any school and a part of my job is trying to make sure any issue or upset is dealt with quickly and that the right help is put in place.

Doing all of this on top of your position as the Head of English, must be a mammoth task. How do you cope?

Because of the staff around me. My English team are great teachers and great humans and they at least pretend to do what I say sometimes... I work as a part of a very supportive Senior Leadership Team – a team that's always sharing ideas and coming together to find the best solutions. I also have a very understanding wife, who is also a teacher and so appreciates the long hours needed to fulfil this role – or perhaps, coming to think of it, she just likes me being out of the house!

How do you and the rest of the staff enforce a positive culture with regards to the emotional wellbeing of the school community?

You can't enforce a positive culture; you have to try and create it by making sure people feel valued and a part of a team and a community. We are so lucky here that we truly have such conscientious, caring and diligent staff. The Good Schools Guide called the atmosphere 'Magic', but they're wrong it's not magic it's more than that – it's hard work, it's caring and it's togetherness.

And finally, what is the most fulfilling part of your job?

The students. To feel that you've had an impact on a student's life in any small positive way at all - that's all any of us become teachers for. That's a powerful thing and a powerful feeling. I still remember the teachers that played a part in helping me become the person I am today. Don't you?

: Where are they now? :

Rebecca Wilkinson (née Chapman)

Leaver in 1985

I have a career in Dentistry - I qualified at Guy's Hospital with Honours in Dental Surgery in December 1989.



I worked as a general dentist at The Causeway Lodge Dental Practice in Horsham, West Sussex for over 16 years, initially as an associate and then as a partner with two other dentists. Over the years first one and then the other partner retired. I took on one new partner who also retired - we successfully converted the practice from mixed to private dentistry.

I sold the practice in May 2006 to spend more time with my growing family and took up a position as a general dentist with a special interest in endodontics (root canal treatments) at Mortiboys Dental Spa - a private practice in East Horsley, Surrey. I still work there, 2½ days a week, which balances well with home life.

Over the years I have been very involved in dental committees - especially the Southern Counties Branch of BDA's Young Practitioners and Mid-Surrey

Section of the Southern Counties Branch of BDA (British Dental Association) taking on roles such as Treasurer and Sponsorship Secretary, both of which I did for a period of 7 years.

Next month I'm attending Guy's Hospital 30 Year Reunion in London. I don't know where the years have gone. I am as busy as ever and I am still very much enjoying my chosen career.

Tamsin Vine (née O'Bryen)

I graduated in the class of 2000 and went on to study psychology and then occupational psychology. Living between London and Paris I am now settled in Kent with my husband, son Charlie and baby girl Lily who arrived on Friday 13th December, definitely a lucky day for us! My love of all things French continues, as my class will remember. I head up Learning and Development for a global French company and spend my time split between the UK, Paris and travelling to meet my teams across the different regions. We moved to Kent from London just over a year ago to change pace and allow us to



be more relaxed when we're not travelling - we're near the beach which I've always wanted. We've added a cat and a dog to the family and are keeping busy renovating our ruin of a house. Not quite as peaceful as we had planned on quitting London but we're loving it none the less!

Jessie Guscott

I left the Maynard in 2014 (after nearly 11 years!) and went to University at Hartpury (University of the West of England) where I gained a first in BSc (Hons) Bioveterinary Science. I am currently in my penultimate year of Veterinary Medicine at the Royal Veterinary College (RVC), London. This summer I am cycling the length of the UK, from John O'Groats to Land's End with Bike the UK for MS - we'll be raising funds and awareness for multiple sclerosis and hoping to raise £1 for every mile cycled - all 1,020 of them! I'd be grateful for any sponsorship for this enormous challenge and you can support me here: <https://ride.biketheukforms.org/fundraiser/2437090>



Sami Glover

Leaver in 2008

So, I am marrying a gorgeous gent called Rob Tucker; we met at Exeter's On The Waterfront pub in July 2018, fell in love at first sight, and we got engaged in a Shepherds Hut in Somerset on Christmas Day last year!



I am currently Office Manager for Royal HaskoningDHV which means I look after 23 people in the Exeter office as well as visitors from the offices we have around the globe. I have a massive role, from getting people in to fix broken heaters, to initiating Yoga Thursdays in the office, arranging all of the Sports and Social events for the office and networking events with local businesses.

I also provide PA/Secretarial support for the Environment Team side of the business - report writing/tuning/formatting, travel arrangements for meetings etc.

I am in the middle of a project to make the office a nicer space to work on, so I am putting pictures and paint on the walls - and working on a fish tank!

I support nearly 100 people in the latter part of my job, so no two days are the same.

Wedding planning mode for me is full on though! So I am on the look out for any female vocalists for the wedding next February if you know any!

Emma Laws

Leaver in 1992

Following 20 years as a curator of illustration at the Victoria and Albert Museum I was appointed to the role of Librarian at the Devon and Exeter Institution in October.

I am also employed part-time at the Cathedral Library and Archives. I continue to work freelance for the National Trust and V&A - currently co-authoring a book to be published by the V&A later this year.



Alice Potter

Leaver in 2008

I have recently begun a PhD in Education at the University of Exeter, I am thoroughly enjoying being a student again and taking full advantage of student discounts! I am researching the school experiences of Children and Young People with Gay or Lesbian parents.

I would be very interested in hearing from any current parents, girls or former pupils who would like to find out more, or perhaps contribute to the study. My email is ap811@exeter.ac.uk



Niamh Gale (née Lockton)

Leaver in 1995

I re-qualified 8 years ago as a Diagnostic Radiographer and have worked for Torbay and South Devon Trust and currently work for Royal Devon and Exeter Trust. I am now a Superintendent Reporting Radiographer, which means I am qualified to report on x-rays as well as take them.

Since leaving school, I never tired of learning! I hold two Bachelor's degrees and a Master's degree and I'm currently studying for a second Master's degree (MSc in Advanced Practice with the University of Exeter) where I am currently undertaking research into a potentially new technique to diagnose osteoporosis.

I am married with two teenage children, Milly and Ben. My husband is a Chief Superintendent with Devon and Cornwall Constabulary and we live just outside Exeter.



Peggy Lancaster (née Lodge)

Leaver in 1949



I joined the Maynard in the Lower 4th and left in 1949 after one year in the Sixth Form to go to Teacher Training College. Since then I have lived in

Kent, Hertfordshire and mostly in Bucks bringing up two children and teaching.

In December 1981 I moved back to Devon to a MacCarthy and Stone retirement development in Exmouth. I love it here and am able to meet up with four old classmates from The Maynard every so often. My daughter lives and teaches in Exeter so I am able to visit her and all the old haunts in Exeter and surrounding countryside.

I very much enjoyed my time at The Maynard and have been grateful for the good education I received whilst there.

Lauren Colclough

Leaver in 2018

I was in Year 7 at The Maynard for two terms and am currently in Year 8 at Uffulme School. On my bedside table there is a photo of me and Hannah and India (Maynard girls) in a science lab and on my wall there is a photo of me and Annabel. They are some of my favourite people on our planet!



In my bottom drawer in my bedside table is a certificate for teaching small girls a Bollywood dance. I would like to say sorry to them... because I CANNOT dance (it makes me feel like an elephant attempting yoga). Sadly at my new school I also am forced to 'dance' and do gymnastics which is, at least, slightly less painful.

At Uffulme, I have met Mr Rowley, a science teacher (and Mrs Rowley's husband), and Mr Osmound, a maths teacher (a friend of Mr Bowler),

and we spent a good quarter of the lesson finding amusing names, like Ben Dover and Tom Bowler.

I got a silver award in the Junior Maths Challenge and regularly play with the Year 9s in hockey, in which I have played against The Maynard a few times. School is great for me and I hope it is for all Maynardians. Have a great year!

Deborah Ayre (née Gibb)

Leaver in 1978

HAREFIELD BARN UPDATE:

Two years ago, Rachael included an article about our fledgling new business, and what a two years it's been. Back then, we were part way through the construction of a purpose built wedding and events venue... and we were terrified! Although the business plan made sense in theory, we were taking a huge leap of faith, and taking on a huge debt, on a project we were not entirely sure would work in practise! I don't think we have ever had so many sleepless nights, worrying that we'd gone too far to stop, but the bills just kept coming!



I'm relieved and delighted to report that our fears have proved unfounded. We have just come to the end of our first very successful year of 14 weddings, a charity ball, a dinner dance and a 60th Birthday party, and the future is certainly looking bright. We have climbed to the top of what I'm sure will continue to be a steep learning curve, with bookings doubling for this year and enquiries coming in thick and fast for subsequent ones.

Our first season saw weddings of every shape and form, exactly as we'd planned, with couples given

a blank canvas to create their day just how they want it. Many tears have been shed along the way, but all of them tears of joy, in spite of the broken bridesmaids' zips, the bouquets turning up in the wrong colour and no one to assemble the cake at the last minute!

So here's to an incredibly busy and exciting second season ahead, with all the highs and lows that come when you're part of this unique industry.

www.harefieldbarn.co.uk

Elizabeth Brown (née Drake)

Leaver in 1957

My husband and I have recently moved house to Liphook in Hampshire. It was more than time that we downsized as a two acre garden was getting more than we could cope with. Although we are still in a state of chaos with building works etc. we are very happy that we made the move.



Freda Jackson, Elizabeth Brown and Rosemary Parsons (née Ponsford) celebrating their 80th birthdays in 2019.

Despite the fact that we have only moved about three miles we are in a different parish so I will have to give up being on the Parish Council and the PCC. An opportunity to do something different! Late last year I was invested with a new award that the Bishop of Chichester has just introduced, The Order of St Richard, for services to the Church and the local community.

Best wishes to all OM's!

Janet Skinner

Leaver in 1961

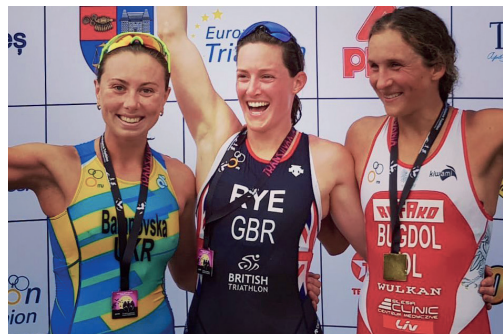
Over 20 years ago a few of us got together for the occasional lunch and as all lived local to Exeter we ate in this area. Mandy Retter (Patchett) and I had kept in touch since leaving The Maynard in 1961. Sue Allen (Evans) lives in Bristol but drove down to join us. I had kept in touch with her since she left after U1V to go to Bishop Fox in Taunton.

I had bumped into Ann Stitson (O'Brien) who suggested the first lunch and she brought Carolyn Bond (Goldsworthy). Sadly Ann developed cancer for a second time in 2018 and is no longer with us. Carolyn is suffering ill health also.

Meanwhile a couple of years ago Carole Tapper (Frost) living in Bristol suggested we eat in Bristol which saves Sue a long drive and she was in touch with Barbara Weaver (Cole). Barbara joins us regularly from Chalfont St Giles and some of our year will recall she moved to Bideford after U1V. We natter from around 11 am in the coffee shop until 4pm after our long lunch. Mary Podbury lives in Dursley but has only joined us once.

Me? I am Janet Skinner and live in Cullompton. We are all 75, all in reasonable health and would love to welcome any other old girls from our year who could join us. Mandy and I go to Bristol by train, as does Barbara, and although we are all retired some of us do have little part-time jobs too. Got to keep the little grey cells working eh?

Katrina Matthews (née Rye)



I am serving in the Royal Army Medical Corps as a Physiotherapist Officer (since 2014), however I am currently allocated to a position where I am training full time to compete internationally as a long-distance triathlete.

I am very privileged to be given this opportunity by the Army to compete for GB Elite and as a professional in Ironman events. In 2019, I won a European title for the middle distance event racing for GB Elite and in 2020 I will compete at the World Championships. I am enabling my Physiotherapy career alongside my sport by clinically working within the Defence Rehab system (when I am in the UK/ not racing) and so I am able to maintain the perfect balance for a dual career with Professional Sport and Physiotherapy.

I was at The Maynard from 2002 to 2007 and benefitted greatly from the sporting atmosphere created by the school and the drive for adventurous activities, too. I was fortunate enough to do the Duke of Edinburgh challenge and World Challenge whilst I was at The Maynard whilst playing a lot of different sports (mostly hockey, basketball and cross-country running).

Jennifer Marsh (née Hall)



Left to right: Kitty Scales (née Bradley), Jennifer Marsh (née Hall), Rachel Walker (née Cooke), May Bowles (née Dixon)

A group of Maynardians (all left in 2003) and babies, taken in November last year. Left to right, they are: Kitty Scales (née Bradley). Jennifer Marsh (née Hall), Rachel Walker (née Cooke), May Bowles (née Dixon).

Jenny Lloyd (née Muir-Smith)

Jenny Lloyd has published her second memoir, about living in Italy and Mexico between 1973 and 1980. It is called *Expatriation: A Corporate Wife in Italy and Mexico*, and is available from Amazon (both US and UK).



Her previous memoir, also available from Amazon, *In My Mind's Eye*, included her time as a boarder at The Maynard between 1949 and 1957.

Elizabeth Bastin (née Houlston)

Leaver in 1970

School seems such a long time ago but I have happy memories of it and often think fondly of people I studied with. Looking back on life, I decided to divide it into three trimesters – rather like pregnancy.



The first I regarded as childhood, school life and training to be a physiotherapist in Birmingham. The second was answering the call to return to Devon where we had our two daughters. I worked with children living with disabilities and their families which introduced us to fostering and the subsequent adoption of three children, two of whom lived with profound disabilities and limited life expectancy.

I felt called to offer the third trimester in the service of God. We had enjoyed a deepening relationship along the way, especially when those two dear children departed their earthly lives. The opportunity came to offer myself for training to be a Lay Reader. I took advantage of it and having studied for almost three years I hope to be licensed in the Cathedral in October. I have found it academically challenging but amazingly inspiring and fulfilling and look forward to serving the people in the churches in and around Tavistock.

All this and being graced with four extremely lively grandchildren, life at sixty eight is certainly not dull or in the least bit boring!

Fay Wright

Leaver in 2009

I've been based in London for seven years working in digital marketing. I am currently leading fashion and retail Brand Partnerships at the global tech and social media company TikTok. I've been playing hockey for six years at PHC Chiswick and co-founded the youth hockey section four years ago.



Rosanna, Rosie, Karen, Nat, Kara and Esther from the Class of 1998



Still great friends 22 years on! We have kept in close contact over the years and recently celebrated our 40th birthdays with a weekend in Exeter. We all love to meet up with our families for our annual cottage weekend; with twelve children between us and another one on the way, it's so special to see them growing up together and becoming friends as well.

Elizabeth Carne Melennek

(née Clemens) Leaver in 1969

Grand Bard Gorsedh Kernow

A few years ago I was elected Deputy Grand Bard of the Cornish Gorsedd. I was honoured to be installed as Grand Bard in September 2018 so am now almost 18 months into my three year tenure.



Gorsedh Kernow, which means Cornish Gorsedd, exists to maintain and give expression to the national spirit of Cornwall as a Celtic country by promoting and maintaining the Cornish culture through poetry, song, dance, music, art, sport and spoken word stretching back to the story tellers – Bards of ancient Celtic countries.

I have been very busy travelling the length and breadth of Cornwall, and have been lucky enough to meet some wonderful people and attend many prestigious events as a guest. I have also attended the Breton Gorsedd and the Welsh Eisteddfod in 2019. The photograph above was taken at our September Bardic ceremony at St Just in Penwith. I am wearing the Grand Bard's crown and plastron which are both made from Cornish copper.

Verity Westgate (née Orme)

(leaver in 2002)

Verity is delighted to share the news that Grace Emily Damaris was born at 9.11am on 18th April 2019, weighing 3kg exactly.

Sophie Biddell

Leaver in 1998



I'm in my thirteenth year as Director of Music at Christ Church Cathedral School, Oxford, where we recently established a new line of choristers to sing in Pembroke College Chapel.

This, in addition to the boy trebles who sing at Worcester College and in Christ Church Cathedral, now makes us unique in the country (and, we think, the world!) as a choir school with three sets of choristers.

The Pembroke trebles were auditioned in November 2019 and began singing evensong alongside undergraduates almost immediately.

In a tiny school of 160 pupils, it's tremendously exciting to be working with 55 choristers who perform publicly in such magnificent locations each week.

Emma Solley (née Chatterjee)

Leaver in 1997

I loved my years at The Maynard. My year group was just incredible, so many amazing peers, many of whom are still great friends 20+ years after leaving school.



The greatest gift my time at school gave me was the feeling of being able to be whatever we want to be. In my 20s I worked in television broadcast production. Initially as a runner, but was head hunted for a post graduate development scheme at Channel 4 and I worked my way up to be a director/producer.

However, life threw me a curve ball, as it has a tendency to do, and I am now living back home very happily in Exeter and work full time as a commercial photographer, alongside my fine art photographic company Salt + Land, whilst raising a family. I will always feel indebted to school. You set me up for life.

Margaret Ham (née Fleming)

Head Girl 1951

I wish I had some interesting news to impart, but having just turned 87 and with a hip replacement due, I can simply say that I'm still going, but not strong! I am in touch with only two of my class mates – Daphne Smith and Peggy Lancaster (Lodge), but have lots of photos – and memories! I have three grandsons and a granddaughter and the families live reasonably close, so it was a "full house" for my recent birthday. I still live in the family home with large garden (since 1960), and am strenuously trying to avoid "going into a Home"!

Sarah Moffat

Leaver in 2003

I got married to Richard in February 2019 and we had a beautiful wedding and honeymoon in the Seychelles! I also changed jobs last year - moving from more than a decade working at universities to take the role of Finance Manager at a social enterprise that provides urgent out of hours medical care in Devon and Somerset.



Pat Edgar (née Leishman)

Leaver in 1942

I, very reluctantly, left The Maynard and all my friends aged 15. Miss Barker, the Art teacher said I must write to her, with illustrations! For family reasons we were returning to Dundee, Scotland. I was born there but left aged 6 months old, to live in South Africa, eventually coming to Exeter aged 6. What a happy place The Maynard was!



Imagine my dismay on crossing the Tay Bridge to see the smoking factory chimneys of Dundee! But things got better, school (with boys!) was good and Dundee had an Art College. I have stayed to see the City's Renaissance. Jute factories have gone, we have two universities and the V&A, outpost of London V&A. I became an Art teacher which I enjoyed, married a painter and am still painting and exhibiting. We travelled to the Reunion with my sister from Canada, met my special friend and others from Maynard days. A happy time.



(Very) Old Maynardians!

Judith Wright reflects on nearly 60 years of friendship

Just to set the scene – there we were, fresh-faced young hopefuls on our first day at The Maynard in September 1961. We had passed our 11+ and been propelled into our exciting new school life. My Dad had driven me past the front of the school and suggested that if I did well in the 11+ then this would be my prize – and so it was.

As the years clicked by, we sorted ourselves into pairs and trios of friendships. These were formed sometimes via mutual interests such as tennis, Speedway, boy hunting and so on. Sometimes we lived nearby in Exeter and went shopping or had tea at each other's houses.

Our leaving day in 1969 was celebrated in the usual way with the School Song and an assembly. Somebody suggested that we put drawing pins on the piano pads before the assembly. I can't believe we were that naughty. As the music issued forth it sounded more like ragtime than the School Song. I'm sure we were chastised but no memory remains. There were five of us who stayed in touch over the

years – Patsy, Viv, Jacky, Sarah and myself. Patsy was the only one who stayed in Devon. Viv moved to Bristol and married Steve with whom I had been at Ladysmith Infants School. Jacky and Sarah both moved north and Sarah now lives only a few miles from me in Yorkshire.

After leaving school, I moved to Bradford and then to Hull where I had my children. Later, as a family, we moved to Northumberland and back to Brighouse in West Yorkshire. While there I worked as a College Lecturer in Bradford for 20 years. In 2000 my husband and I moved out to Spain for two years and then returned to Devon. In 2006, we bought an ice cream shop in Dawlish. Happy days. Patsy used to complain that she needed a new address book just for me as I moved home so often but through it all we never lost touch.

We all married and had two children. Two of us are now widowed, two divorced and only Viv has stayed married to Steve. Two of us are now happily settled with new partners. Between us we have 10

grandchildren but no great grandchildren as yet. Four of us graduated – three moved into education and one into Social Services.

Throughout all of this time – happy or sad – we all five kept in touch with each other. Allowing for distance, this communication was by letter, Christmas cards, phone calls and visits. We always knew what the others were going through and were able to offer support, condolences, congratulations or whatever was needed at the time. I only wish I had kept the letters. It would make for an interesting read and chronicle of the passing years.

We are all now in our 70th year and enjoying life to the full. Three of us met up for both the 40th and the 50th School Reunions and giggled and gossiped our way through the day. Revisiting the school buildings and grounds brought on happy moments of nostalgia but no regrets.

Without the Maynard, we would never have met and enriched our lives in this way.

PE from the

Archive



What does PE mean to you? Frosty hockey pitches, or sun-bathing during rounders on Leebourne; watching or taking part in Sports Day – perhaps on the field in Barrack Road, or at the Whipton Arena?



Over the years, The Maynard has taught a variety of different activities under the heading of Physical Education. Early Magazines have records of matches played in Basketball, Hockey, Cricket and Tennis. In 1904 we read 'The pavilion at last stands in its place

in our new field at the bottom of Matford Avenue'; both Hockey and Cricket matches that year are described as being played 'at Gras Lawn'. Facilities still needed some improvement, though: in 1906 'we may expect next year's Tennis to be better still, especially if by then our hopes have been realised with regard to the levelling of the tennis court.' Lacrosse was added to the options in 1915, but was dropped again in 1924 in order to concentrate on and improve the standard in Hockey.



1st VII. Basketball. 1930.

In 1920 the House system was introduced, which made internal sports competitions much more interesting. Until then, each form had competed against another form, so it was rare for a junior form to progress very far against older girls. However, with the new house system, each house had an

equal chance of achieving a Games Cup at the end of term: by 1940 these were being awarded in Rounders, Hockey, Netball, Tennis, Cricket, Swimming and Gymnastics. A comment in the Magazine report notes that 'The House Netball matches ... [were] a little wild at exciting moments' and also 'Most of the members of the Second [Tennis] VI were too temperamental'. Our familiar School Song was already in use; 'the first song we strike up when charabancing home is "When the match is lost or won"'. Other activities were also encouraged. A dancing display including an Irish jig, a Russian dance, a sword dance, a tambourine dance, a scarf dance and the Juniors performing a nymph dance, raised money towards a cot in the Devon and Exeter Hospital in 1921. And still, in 1960, 'the Games Committee decided to buy some new gramophone records for dancing.'

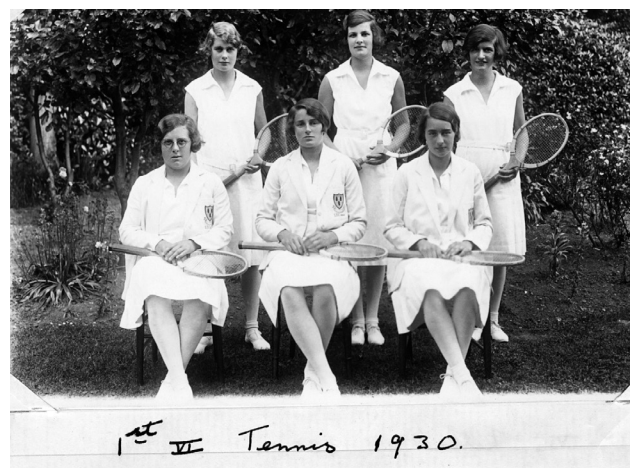


Cricket continued to be played until 1958; in 1940 we read 'overarm bowling only has been adopted in the team this year and it has been successful.' There were only three or four matches each season, even including the one against a team of parents, so eventually it was decided to discontinue this as a school sport. A bigger change was forced on the school in 1963 when plans to build Wonford hospital were taking shape: 'We have finally taken leave of the field at Barrack Road.' Even this had a silver lining, though: 'The Hockey should now improve, as we are being transported to and from

the new field at Countess Weir with no energy lost on the way!'

In the early decades of last century, great emphasis was put on 'Drill', which perhaps performed some of the functions of modern Pilates. Girls would stretch in various postures with great emphasis on looking identical to each other to produce an impressive display, and doing this in the open air was no doubt considered to bring added benefits. Gymnastics was also taught throughout the 20th century; ropes were added to the main school hall in 1905 'to increase its attractions as a Gymnasium'. This use continued until, in 1958, the tercentenary was celebrated with the building of the gym in its present position (now adapted to be the Performing Arts Centre). In 1980, 'Monday lunchtime was "organised chaos" in the gymnasium when an average of 40/50 girls worked for their B.A.G.A awards. Thursday at 4pm was torture time for the Gym Club while they were pulled, pushed and bullied into improving their skills'.

The next big advance in facilities was to add Bradley Hall, which gave opportunity to introduce Indoor Hockey in 1985, and reintroduce Basketball. The Sports report that year describes Bradley Hall: 'it has proved invaluable and is so versatile.' Indeed, in that first year it was used for Sports Day, a concert and the summer revue by staff and Sixth Form. Also, by this time there was the chance to go skiing with the school: 'we were fortunate to enjoy a well-organised holiday with excellent weather, proficient



instruction and delicious ice cream.' The weather in Exeter always threatened to be a problem: in 1939-1940, 'the House Hockey teams suffered from enforced lack of practice owing to snow, sleet and slush', whereas 'the very hot weather made it impossible to have many games'

(of cricket). By the turn of the century, Sports tours further afield were becoming possible, including Australia or the Caribbean, where one might hope for settled weather!

The emphasis on team sports has now been extended to include a great range of other activities, with specialist coaching currently available in Aerobics & Fitness, Badminton, Ballet, Basketball, Football, Golf, Gymnastics, Hockey, Martial Arts & Kickboxing, Modern Dance, Outdoor Education (sailing, kayaking, paddleboarding, dragon boating, mountain biking etc), Rugby, Squash, Swimming, Tennis and Yoga. The new Fitness Centre allows girls to work on their own abilities for whatever activity they prefer to develop.



40

Years of Head Girls

1979 - 1980

SIÂN HANSON (NOW ALBERY)



I was Head Girl in 1979/80, the legendary Miss Joan Bradley's final Head Girl, as she retired at the end of 1979. I therefore had two headmistresses in my time with Miss Felicity Mordin starting in January 1980. No-one was more surprised than me to be picked for Head Girl. I can still vividly remember being called into Miss Bradley's office to be told, and the shock I felt! It was, of course, a huge honour.

I was also very honoured to be asked to speak at the memorial service for Joan Bradley in Exeter Cathedral at the end of 2001. She was an inspirational woman who saw the potential in all her pupils and we were so lucky that she was our Headmistress. She expected us to work hard, to achieve, and she was always strict but fair.

I have so many memories of my time at The Maynard; I was very happy there. School life was structured but it never felt harsh, although I remember having to work hard. Particular highlights for me included the musical productions, including Dido and Aeneas, and Iolanthe which we did with Blundell's School, our Upper Sixth entertainment "Robin Hood" cleverly written by Sally Black, and art, with the flamboyant Miss Balogh. I loved art but showed no particular talent for it.

Some of the low-points related to having to do sport, which I had no aptitude for and so hated. Playing hockey on wet grass at Exeter School in freezing cold rain particularly stands out! In our day the prefects would stand at the bottom of the stairs ordering us to do up our "top button" and this made me determined to be a bit kinder to the younger pupils when it came round to my turn to be at the top of the school.

I asked my year group for some memories of our time. Some of these included a very memorable production of Joan of Arc; Judith Nockolds, our year's stand-out musician playing the piano in

assembly and at various events; going on the bus to school discos at Blundell's School; hot blackcurrant from the vending machine and sticky buns at break time, which we had to buy tickets for; and shooting water through the Bunsen burners in the chemistry lab before our teacher Mrs Wigg came in.

The teachers, of course, had a big impact on us all and I remember many of their distinctive teaching styles now; some quirky, many flamboyant. Mrs Wigg and her chemical equations, Miss Brinkworth (Brinky), who taught history, and Mrs Fawcett (English), all of whom we played tricks on. Tricks included leaving drawing pins on their chairs, changing places when their backs were turned etc. Lovely Mr Swift, one of only two male teachers, and Mrs Boyce our form teacher in Sixth Form who inspired a love of biology in me.

One of my personal highlights of my time at school was the French exchange with L'Immaculée Conception school in Rennes, initially run by our inspirational French teacher, Mrs Davies. My exchange student Catherine Thomas and her family became friends, and I went back to see them many times. We are still in touch now.

And then of course there were the infamous school songs, sung first in Latin and then in English "there's something about the Maynard, there's something about the Maynard that is fine, fine, fine..."

I decided while I was working for my O levels that I



wanted to study Medicine at university and from school I went on to the Middlesex Hospital medical school. I very quickly decided that general practice was the area of medicine that

interested me the most, and I returned to Exeter in due course to do the excellent GP training scheme. I have been a GP in practice in Taunton for 30 years.

I am married to Colin who is Deputy Head and Director of Music at King's College in Taunton, and we have three grown-up children. I will be retiring next year with plans to start the next phase of life! Hopefully having time to go to the theatre and visiting art galleries, travelling through Europe in our caravan (a fairly recent acquisition), and spending time with our lovely family.

We had a reunion of my year group in July 2001, 21 years after leaving school, and the majority of us were able to be there. I am looking forward to our planned reunion in May 2020, 40 years since leaving school. It has been great making contact again with lots of old friends and social media is making this so much simpler than the last time around!

I think the Maynard helped me believe that, if I worked hard, I could achieve what I wanted in life. I always felt valued as an individual. And I seem to remember we laughed a lot!

1989 - 1990

KATE TAYLOR (NOW COOPER)



How did you find out that you were going to be Head Girl and was it a surprise?

Yes it was a surprise – and an honour and a responsibility! I was asked to visit Miss Murdin's office (a disconcerting prospect as I had never been inside before), and she invited me to accept the role. I do remember that at this stage it was to be kept strictly under wraps, and I didn't even tell my parents!

What were the best and worst bits of the role?

I really enjoyed liaising between students and staff and representing their points of view, often in the meetings with Miss Murdin. Although these were fun and constructive, they did have their downside.

Being good at spelling (pedantic?) on one occasion I was mortified to be corrected. Miss Murdin offered a tip that I still think of today: she explained the difference between "stationery" and "stationary", namely that the latter spelling related to cars. Oops.

What did you do after leaving The Maynard?

I loved to travel, and I took a year off and taught overseas O Levels in a rural school in Zimbabwe. This was an absolutely fabulous year in which I learned (amongst other things) how to carry a



bucket of water on my head to collect water from the pump, and was challenged by issues I have never previously imagined – how do you teach contour lines in geography to children who have never seen a map...? The people were wonderful and it was a privilege to be welcomed into their community. On my return I read Law with French Law at Birmingham University, followed by a Legal Practice Course in Chester. I was lucky enough to secure a solicitor's training contract with a large city law practice (Allen & Overy) and went on to qualify and practice as a corporate lawyer.

Thirty years on, what are you doing now?

My legal background provided the skill base I needed to set up a company which designs, produces and sells maths learning tools for primary aged children. Happily I now work from my home in

Hampshire; my three daughters are all at secondary school, and as a result of both my work and my family, I still feel very connected to the education system.

What would you consider your greatest achievement since leaving?

On a personal level, I think it is maintaining a love of learning new things. At the age of 41, I took swimming lessons to learn front crawl, a necessary skill in order to take part in a triathlon. At school I loved both hockey and netball, but was unenthusiastic about the annual cross country running ordeal; now I find myself happily training for a half marathon, so never say never! People change...

What are your happiest memories of the School?

The bun tickets! I carefully tucked one into my money belt each morning. At break time this precious blue voucher could be exchanged for a big, fat, sugary Chelsea bun. Delicious.

Assembly in the beautiful wooden hall was a regular feature in the school week. One term, Miss Murdin read *The Pilgrim's Progress* by John Bunyan aloud to the school – a rare but enjoyable treat which captured my imagination. The hall also hosted those memorable, uplifting end of term assemblies; their jubilant atmosphere and enthusiastic singing united us all, and my overriding happy memory is one of belonging.

VICTORIA INGHAM (NEE GILES)



From left to right: Bethan, Lucy, Helen, Penny, me, Charlotte (behind), Laura, Harriet and Binny.

Why do you think you were picked to be Head Girl?

I don't know! It was genuinely a surprise and a real honour to be picked.

What were the best and worst bits?

The best bits were the pre-assembly chats with Miss Murdin, she always had a smile and an interesting story to share. The worst bit was probably trying to keep the Sixth Form common room in a presentable state. The kitchen was a complete health hazard and I spent a lot of time nagging people to wash up!

What did you do after leaving The Maynard?

After spending my Gap Year (rather un-originally)

travelling round Asia and Australasia (with Hels, Binny, Lucy and Penny), I went to Nottingham University to read Medicine. After graduating, I moved to London for my Foundation jobs, working as a junior doctor in a number of hospitals before completing my specialty training and qualifying as a GP in 2011.

Twenty years on, what are you doing now?

My husband and I left London and moved to Wiltshire about 7 years ago. We have two kids aged 3 and 5 and I am now a GP partner at a local practice.

What would you consider your greatest achievement since leaving?

Qualifying as a Doctor and more recently, becoming a partner.

Who do you stay in touch with from your Maynard days?

Bethan (Donovan), Lucy (Elzik), Binny (Cruwys), Hels (Beacham), Laura (Dale), Penny (Williams), Charlie (Edmonds), Harry (Davies) and I are all still extremely close and try and meet up as often as jobs, families and general busy lives will allow! I also see Amaya (Floyd) who is a family friend and who now lives about 10 minutes down the road from me.

I consider myself incredibly lucky to still have these amazing, funny, clever women in my life after 20 years.



What are your happiest memories of School?

I joined the Maynard in Lower One so I have many happy memories from my 11 years there:

Hanging off the bars, giving each other 'the bumps' on the seesaw and playing elastics in the bike sheds. Sunny summer lunch breaks on Leebourn. The excitement of going away with friends on the French and Spanish exchange and the huge amount of fun we had, despite our somewhat limited language skills! Our final Sixth Form assembly - I can still remember all the words to 'Maynardian Rhapsody' and can't hear the Queen version without singing along. The great friends I made there and the huge amount we made each other laugh (and still do). The endless enthusiasm and patience of the amazing teaching staff.

2009 - 2010

SARA CAMERON

Why do you think you were picked to be Head Girl, how did you find out and was it a surprise?

I think they were looking for someone who was outgoing, involved in multiple aspects of school life and a good representative for the school. I also slipped Mrs Wilkes £20. Mrs Wilkes rang me at home to let me know I had been voted Head Girl. Yes, it was definitely a surprise!

What were the best and the worst bits of the role?

The shiniest badge you ever did see. It was also nice being part of a team that linked students and staff and I enjoyed having a position of responsibility.

Do you feel being Head Girl has given you an advantage after your school years and, if so, why?

Nice little addition to the CV when applying to vet school. It also taught me about delegation (which has come in useful when giving vet students seeing practice the task of baking cakes).

What did you do after leaving The Maynard?

I took a year out where I worked in a restaurant then travelled around New Zealand, Fiji and south-east Asia before going to Bristol University to study Veterinary Sciences. Following graduation, I spent a year working as a tennis coach in Greece and in a ski resort in France before moving to Jersey in



the Channel Islands to work as a vet in a Veterinary Hospital. I moved to London last year to continue my vet work.

Ten years on, what are you doing now?

I have spent the last four months in Central America volunteering as a vet, surfing, hiking and perfecting the art of lying in a hammock. I will soon be returning to London where I will continue my vet work, play tennis and escape to the coast for weekends when possible.

Where would you like to be ten years from now?

I hope to pursue my interest in surgery both whilst working in the UK and volunteering abroad in veterinary clinics and campaigns.

What are your happiest memories of School?

Andrew's 25p cookies at break time and being part of the sports and Ten Tors teams.

2019-2020

EMMA MURPHY



Were you surprised to be elected and what do you think you will remember most about being Head Girl?

I was completely surprised, I had always hoped to be on the team, but never expected to be in the running for Head Girl! Now, coming to the end of my time at The Maynard, I think I will always remember giving my speech at prize giving. Although I was completely terrified in the week running up to it, not being the best public speaker, the sense of fulfilment after standing on the stage talking about what makes The Maynard, The Maynard was really special.

What are the best and worst bits?

The best bit of being Head Girl is unquestionably seeing the changes that we help implement. The team this year have focused on the wellbeing and happiness of, in particular, but not limited to, the Sixth Form. We are currently in the process of helping re-do the common room and make the study centre a better place to study. Seeing the changes and improvements that we have helped to start is definitely one of the best bits. For me, the worst bit of being Head Girl has to be making the speeches. However I really appreciate the opportunity to be pushed outside my comfort zone, and the difference between my first and most recent speech is huge!

Where are you heading after The Maynard?

At the moment I am not 100% sure where I am going. I have got a place to study Law at a few universities, but I haven't quite decided which to firm. I am however taking a gap year, in which I am planning to get a job to earn enough money to travel around Africa and the Middle East. I am also signed up to teach English in a school in Madagascar in June which I'm really looking forward to.

What are you hoping to become and why?

I would love to help run a large company one day! I think being Head Girl has made me realise how much I enjoy managing people and coming up with ideas, both features which I think would help me in a career in business.

What would you consider your greatest achievement at school?

I would say that my greatest achievement from school is becoming Head Girl. When I arrived at The Maynard I was fairly shy and nervous, but over the past five years I have become more and more confident in myself, enough to become Head Girl - something that I will be forever grateful to The Maynard for. I will cherish the memories that The Maynard has given me, particularly from my time in the Sixth Form, forever and although excited, I don't think I'll ever feel that I am ready to leave.

Where do you see yourself in 25 years from now?

In 25 years, I hope to have a successful career behind me and a promising one ahead. I would love to be in a position where I could balance family life and work, whilst continuing to enjoy the hobbies that make me happy.

What are your happiest memories of School?

The best memories I have from school are probably from our 2019 trip to India. It was an incredible mix of challenge and fun, it has instilled in me a passion to explore and travel and has given me memories to last a life time. From volunteering in Jodhpur, to climbing to 5000m, to visiting the Taj Mahal at sunrise, I loved the trip from beginning to end and am grateful for the teachers and friends that made the trip so unforgettable.



Physically fit, mentally healthy ...

Another bow to our wellbeing arrow is our understanding of the (very definite) link between mental and physical wellbeing and we have worked hard to significantly expand our range of clubs and activities in the hope that there is something there for everyone to enjoy. In September 2018, we appointed Caroline Leigh as an Assistant Head and Co-curricular and Pastoral Lead. In her role she works closely with the PE Department to provide plenty of different types of physical outlets to aid the wellbeing of both staff and students.

Whether girls are part of our high performing sports teams or if they would simply prefer to have a go at something non-competitive (learning to dance, body pump, core-conditioning, Pilates or yoga, or just have a friendly kick about and play a bit of football) our aim is for all girls to be active, healthy and confident enough to try new things.

Last year, we also opened a brand new Health & Fitness Suite adjoining the old gymnasium which can be used by Sixth Formers during their breaks in the timetable, by staff and by our Sports Leaders and scholars. We also regularly welcome a professional fitness trainer to put them through their paces and give them a good blast on the equipment which has proven an immensely popular and fun experience!

Many staff and students also enjoy the opportunity to take things at a slower pace and 'get away from it all' for a short break to walk one of the staff dogs (who equally love a little gentle exercise).

Let's meet some of the team behind many of these latest initiatives!

Caroline Leigh

Assistant Head and Co-curricular and Pastoral Lead

How would you describe your role?

A little bit of everything with lots of variety! My role really is to join all the dots and to look at the all-round provision of the school in terms of Wellbeing and Pastoral



care; ensuring we have a cohesive approach through from the Juniors to the Sixth Form. This includes working with Heads of Year and teaching staff to ensure a varied and interesting extra-curricular programme that provides lots of opportunities for personal development, as well as an informative PSHE curriculum fit for the current generation. Other areas include developing the house, rewards, attendance and behaviour systems to support, motivate and keep the students safe in our care. As a PE and Dance teacher with experience in staff development and coaching, I am always interested in both the physical and emotional support for both staff and students and want to ensure our Wellbeing provision supports the whole school community.

What new initiatives have you introduced in the short time you have been at The Maynard?

Wellbeing provision has been refined and developed and the creation of a specific Wellbeing Committee with the power of student voice has really informed us, with lots of examples of positive change; simple things such as meat free Monday; more quiet study spaces; dog therapy and the Sixth Form peer mentoring, through to the Chocolate and Chat sessions for the Upper 3 girls. The introduction of the Hub and extra pastoral support with a pastoral assistant has also helped the girls. Staff wellbeing is equally important and, working with Cathy Gabbitass, we now provide more opportunities for staff including body balance, pilates and body pump... and let's not forget the staff dance in Maynard's Got Talent.

The PSHE programme also looks at wellbeing and mental health in all year groups, building on the Living Life to The Full programme based on the Cognitive Behaviour Therapy. In the background I have also been working on refining whole school systems such as attendance, behaviour, uniform and rewards systems.

What would you say your greatest achievement to date has been at school?

Last year we entered the Great Big Dance Off Competition for the very first time; it was an amazing experience for all of us and I was so proud that the Upper 3 came 2nd in the regionals and then 10th overall in the National Finals. It is so hard to get to the finals, so it felt truly magical and I know it will be a memory that will last with the girls and I forever.

Equally, I am so proud that the School achieved the Wellbeing Award for Schools in such a short amount of time, which involved a lot of extra work and many late nights! We were delighted with the

feedback and it is a true testament to the staff and all the work that they do on a daily basis to support the girls. What was really evident about the award is that it really celebrates all the outstanding care and personal development that the girls receive.

As a keen fitness fanatic, what do you enjoy most in your free time?

With two very sporty sons, my free time is often spent outside watching them play football or athletics, however when I do get some time to myself, my most enjoyed activities are bootcamp classes and being outside, walking along the beach; I am also trying to fit in a bit more of yoga. In the holidays I love spending more time at home, catching up with friends and family and having a house full!

What plans do you have for the future in terms of improving the physical and mental wellbeing of The Maynard community?

2020 will see the pastoral team working on the PSHE curriculum and the statutory RSE (Relationships and Sex Education), really using student voice to inform our programme, which will involve more visiting speakers and links in the community and a more cohesive approach through from the Juniors to Sixth Form.

Furthermore, I will continue to develop the rewards and house systems, such as the year group charities, and I am interested in more opportunities for student leadership in KS3 and KS4 so watch this space.

I am also keen to extend the support of our more vulnerable students and the girls during the exam period with more yoga and mindfulness opportunities, along with signposting parents to outside agencies that can help.

Catherine Gabbitass

Director of Sport

How has sport evolved in the years that you have been at The Maynard?

Sport has always been a big part of Maynard life but has definitely changed since the 90s. Back then Traditional Sports made up the curriculum with hockey, netball, gymnastics, cross country and tennis being at the forefront. Gone is the brisk walk up to Exeter School to use the 'shared' pitches for hockey (causing chaos for the boys as we stomped through their CCF drills or rugby games). Pirates in the gymnasium with girls hanging off wall bars or swinging on the ropes is also a distant memory. Hockey sessions now take place on the university astro turf pitches, basketball, rugby, football and cricket are all taught within the curriculum and offered as extra-curricular activities too. Dance and gymnastics are now much higher profile throughout the school. The biggest change probably is at KS4 with a broad offering of activities from which the girls choose.... Competitive sport (hockey & netball) is offered alongside aerobics, personal fitness, kick boxing, squash, golf, Outdoor & Adventurous (climbing, biking, watersports), cardio tennis and yoga. The hope is that there is something for everyone and that all the girls leave school empowered and body confident with a real lifelong love of physical activity.



What has made you most proud during this time?

I am proud of so many things. Obviously the individual and team successes the girls achieve year-on-year... and there is always something new. The Great British Dance Off National Finals last academic year and swimming at the Olympic Park this year were both new and amazing experiences for the Department.

Personally introducing basketball to school and the many associated successes; getting to numerous national finals in both netball & basketball; producing international sportswomen who started their journey in a Maynard PE lesson; working with PGCE students many of whom I still keep in contact with. The 2018 SA Sports Tour was also an amazing experience for us all and amongst other things lead to the building of our relationship with SOS Africa, meeting and sponsoring Raynick and what now has become a highlight of the school calendar 'Maynard's Got Talent'. This helps us raise the necessary funds to keep Raynick in education and all the girls are totally committed to this project.

What are the key ingredients that contribute to you being able to put forward such successful teams over the years?

Considering we are a fairly compact city centre site we make the very best of our own facilities and are constantly looking to upgrade. The new Performing Arts Centre, the fully equipped CV suite and redesigning of the double courts are all recent developments. But we are also so lucky to have access to amazing world class facilities on our doorstep - just a short mini bus ride away and so we are able to use them during the day and beyond. We have an amazing team of PE teachers and coaches, each bringing their individual specialism, personality and passion for sport to the girls. But by far the most important ingredient is the girls; bright,

ambitious with a real desire to learn makes the job a pleasure every day. The Maynard girls are quick to learn, not frightened of hard work and don't seem to have any fear!

What difference do you feel the introduction of the less competitive clubs has made to the school?

The less competitive clubs have made a huge difference to the number of girls getting involved in physical activity across all the age groups. Alongside the competitive team sport practises, we have activities such as Martial Arts, Dance & Badminton Clubs running after school weekly as well as lunchtime Gymnastics, Body Pump and Volleyball for fun. A recent survey showed over 90% of girls take part in at least one extra-curricular sports club in school.

We understand you have some exciting developments on the horizon. Can you tell us a little bit about them?

We have introduced Rugby into the curriculum and the Lower 4 (Year 8) girls are absolutely loving it! We are so fortunate and delighted to have the Exeter Chiefs women coaches coming into school to deliver this unit & the girls are enjoying the freedom of playing up at the University 3G pitches and the whacking of tackle bags. Moving forward we hope to develop this link, start a school rugby club and play some fixtures too, all in collaboration with the brand new Exeter Chiefs Women's Team.

We are also starting to make the move from Rounders to Cricket and our Junior School are going to play their first set of competitive matches this summer. This will roll on through into the senior school over the next couple of years. We have very strong links with our local cricket clubs and we already have a number of our Year 9 (Upper 4) and 10 (Lower 5) students playing at a good level.



Working in Wellbeing



CAROLINE DYER

Professor of Education and International Development at the University of Leeds

I left The Maynard in 1978 with A levels in French, German and Russian, and after a couple of gap years, studied German with Dutch at Liverpool. I graduated with a first class degree but no clear idea what to do (universities nowadays are so much better at helping with employability!) so after a while, and having taken a short TEFL course, I set off with another Maynard friend for India. I travelled on to Hong Kong, where I taught English at the British Council before taking up a job on a local newspaper as an education reporter. After a couple of years, India was calling again so I went back as a freelance journalist. In Kolkata, I interviewed an

elderly professor who shook his head very sadly as he said, ‘why is it that such a great country is unable to educate all its children?’ The more I thought about that, the more I wanted to know the answer for myself. I applied for a PhD at the University of Edinburgh, was awarded a grant from the Economic and Social Research Council, and began to research how universal primary education policy in India is implemented.

Since then, I’ve had academic posts at the Universities of Edinburgh, Manchester and now Leeds, where I was promoted to a personal chair in 2015. I’ve continued to focus on policy and practice gaps in relation to education inclusion and human development. I’m particularly interested in nomadic groups, whose interests are very rarely met by policies aiming for education inclusion, and what can be done to address gaps between the kinds of services they would like, and the services that currently exist. I’ve done most of my research in India, sometimes teaching under a tree while migrating with pastoralists, and learned Gujarati and some Hindi along the way. I have also worked in Afghanistan, Ethiopia, Kenya and Mongolia, with national governments and international agencies such as UNESCO and UNICEF, on developing education policy strategies for pastoralist populations.

There is now a global promise under the Sustainable Development Goal framework that the world should Leave No-One Behind. In education, if we are serious about that, we have to work hard to improve the flexibility and relevance of our education systems, and focus much more on what kinds of learning we need to ensure sustainable futures.

Another wonderful aspect of my job is the opportunity to work with students who are taking

degrees in international development on what sustainable futures might look like, and what we can all do to make them happen.

ANNE EDWARDS (NÉE SARGENT)

Leaver in 1956



For the past ten years I have been an adviser with Harpenden Money Advice Centre, which operates under the umbrella of Community Money Advice, a Christian charity, helping people who are in debt, or finding it hard to make ends meet. We also help people who need to apply for Personal Independent Payments, Debt Relief Orders, Bankruptcy, and in particular those who need help budgeting. If necessary, we accompany clients to Court. One of the best things we can do for those facing eviction is to phone the Housing Department of Councils, landlords, explaining that we are now advising their

tenant, and this immediately puts everything on hold for 28 days, giving us the opportunity to draw up a plan for them. In some cases, on drawing up a financial statement, offering £1 is enough to prevent a visit from the bailiffs.

Another thing I do is recordings for St Albans Talking Newspaper. We supply them with a 'boom box', and memory stick which is sent out 48 weeks of the year to those who are registered blind, and when they've heard all the articles return it to us. There is no charge for this service, as the Royal Mail supply this to the blind free of charge.

WENDY MORRISH

Leaver in 1972

Since retiring as a Headteacher in 2009 I have been involved in two charity organisations working for wellbeing. I am a volunteer and a trustee for The Romsey Cancer Support Centre and for Romsey Young Carers.

The cancer support centre offers professional counselling and therapies such as aromatherapy and reflexology as well as befriending for patients, their families, friends and the bereaved. It is an independent charity and supports many clients in an atmosphere removed from the medical. We have developed various avenues to support those who are recovering from cancer as well in group activities such as meditation and fitness and planning for the future. As a cancer survivor myself I appreciate the role this free service can offer to anyone who would like to access it.

I also work with Romsey Young Carers. I particularly enjoy my individual linked support with two individuals. This has been a long term commitment, one for eight years and the other for four years so

far. I have been able to help them both succeed in their education while dealing with many caring issues which could have been overwhelming in their lives. We are able to offer opportunities for social and cultural activities which play a large part in wellbeing as they are growing up. Isolation and bearing great responsibility can take a considerable toll otherwise. Being able to share with others in a



similar situation is very positive we find. The really rewarding aspect of all this is that I enjoy all the interaction and it certainly contributes to my own sense of wellbeing.

NATALIE BURCH

Leaver in 2009

I started the Devon Song Festival in 2016 whilst studying for a masters in piano accompaniment at the Guildhall School of Music and Drama. I was

lucky to have a brilliant musical education down in Devon, both at The Maynard and from really inspiring private tutors, but never really considered performing something I would want to pursue. That is until I discovered lieder. Lieder, chanson, or simply 'song' is an incredibly intimate genre of classical music, usually with one singer and a pianist, which somehow manages to encapsulate an incredible depth of human emotion in little crystalline songs, often only 2 or 3 minutes long. I noticed that despite Devon's thriving musical life, there was a lack of song performance and felt that had to be rectified: the Devon Song Festival was born!

There are thousands of studies on how classical music can benefit our lives, from increasing our memory and brain function, to lowering blood pressure, to overcoming depressive moods. On a much simpler level though it helps us to understand one another and to build communities. Through listening to music and relating to the emotions portrayed we connect with the performer but also to the composer and poet, and everyone throughout history who has connected with that music. We are able to approach and understand our emotions, both joyful and more challenging, through this powerful sense of empathy. More practically, we are brought together with our fellow audience members and this is something the Devon Song Festival is particularly keen to offer. We have partnerships with The Estuary League of Friends, Moorland Community Care Group and Devon Carers to provide transport and free tickets for those that might not otherwise be able to make our recitals. We also put a strong emphasis on the social side of all our events with drinks receptions and the opportunity to chat to the performers and hear all about the joys and tribulations of life as a performer.



We bring internationally acclaimed young performers into the heart of Devon for recitals that are relaxed and inclusive, with something for everyone throughout a weekend of events. Even if you've never been to a classical recital before, give song a go – it's personal, engaging and sociable and may have positive effects you never even dreamed of!

The Devon Song Festival takes place each year on the last weekend in March. St Lawrence Chapel, Ashburton and St Margaret's Church, Topsham www.devonsongfestival.com

JUDITH NOCKOLDS

Leaver in 1980

Anyone who knew me at school will remember that my great passion in life was music. At a reunion about ten years ago memories of me being timed

playing the minute waltz (little did they know I played it in an easy key so that I could get through it in under a minute) were recalled and requests for the school songs were demanded. I left to study at the Royal College of Music and following graduation, worked for a while as a teacher and pianist both in the UK and abroad.

The birth of my daughter Martha took precedence and I stopped travelling around for work and settled in South East London. It was during this lull that I read a book about Music Therapy and I was immediately intrigued and motivated to find out more. I attended a weekend course at The Nordoff-Robbins Centre for Music Therapy and that was it – I knew what I wanted to do next. I have always been aware of the power of music and here was a fantastic way of combining both a passion for music and an interest in people and how they tick.

I trained at the Nordoff-Robbins Centre in 1989 and on qualification volunteered to work on a six-week project in Romania working in the orphanages. This was a profound and deeply affecting experience which has continually informed my practice both as a clinician and a lecturer in Music therapy.

I have had the privilege to work with a wide range of children and adults over the past thirty years, working within the NHS, Charitable Sector and Education, as well as being involved in training other people in becoming a Music Therapist. I have never doubted that this is what I should be doing and feel very lucky to have a career which continues to excite and challenge me in equal measures.

Highlights are many including setting up and running a charity in Rwanda to train local partners to use music therapeutically with children with disabilities. The project outgrew us and is now managed and run by a bigger charity, Music as

Therapy International, which does amazing work both here and abroad so the work I started with a colleague continues to develop.

Currently I am a teaching Professor in Music Therapy at the Guildhall School of Music and Drama in London as well as continuing to work as a clinician in the areas of Dementia and with young people in care. I still perform regularly and have formed a piano quintet with other local musicians. I am also Mother to a nine-year-old boy Solomon, and have three Grandchildren so life is full and busy. Long may it last!



HELEN CANN

Leaver in 1993



I have been qualified as a Physiotherapist for 24 years and it is an interesting and varied profession.

I initially went into Physiotherapy to work with horses and qualified as a Veterinary Physiotherapist in 2001. I worked for many years treating people, horses and dogs.

I am now married and have 3 children (9, 12 and 14), so have stopped working with animals, but instead decided to train as a Pilates instructor.

Pilates, as you may be aware, is a very popular type of exercise and works on many aspects of your health, particularly core strength, breathing and moving well. Often clients who we have seen for Physiotherapy following an episode of back pain

or an injury will be helped by Pilates to rebuild strength, balance and coordination. Many of them continue with the exercises to prevent recurrences of their initial complaint.

My Pilates clients have ranged from teenagers up to 80 year olds with many different problems. I always assess them individually to understand what problems they have and how they move and are using their bodies. Following this, they may have a home exercise Pilates programme or they may join a Pilates group and attend for an hour per week to learn and practice Pilates. In the clinic where I work all of the Pilates instructors are Physiotherapists and clients like this because we can tailor their Pilates exercises appropriately to their needs and if they require any physiotherapy treatment we can provide this too. Our group sizes are small, up to 12 clients and this helps us to watch and monitor them closely and progress as appropriate.

The benefits of Pilates, alongside my Physiotherapy career, are that it keeps my back mobile and pain free, it is a rewarding job that helps many people improve their movement patterns and it is a flexible job that fits around life with 3 children.

PIPPA HUGHES

Leaver in 1989

After education I spent nearly 20 years in the hospitality industry working in 5 star hotels as an event manager. I worked for mainly London hotels including Claridge's, The Grosvenor House, The Dorchester and The Grove in Hertfordshire where I ran a wide range of events with £multi-million budgets. Once our daughter Lily was born my husband and I found this career was not conducive to family life so when she started nursery I decided to look into retraining.

My initial interest for acupuncture came from personal experience. It had been suggested to me after several failed IVF treatments. After a course of acupuncture we went on to have a successful treatment. It was this that gave me the passion and belief to learn more about it.

In 2017 after 4 years of training, I qualified as an Acupuncturist and Naturopath at the College of Naturopathic Medicine in London followed by a post graduate clinical practise programme at the Nanjing Chinese Medicine University, China. I am a fully practising member of the British Acupuncture Council (BACC) which is the leading regulatory body for the practice of Traditional Acupuncture in the UK and the BACC's register is accredited by the Professional Standards Authority.

My main belief has always been that the body is able to heal itself if you give it the tools to do the job



through natural and holistic methods. Acupuncture is a holistic therapy that focuses on the whole body, treating the root cause of the problem and not just the symptoms based on each person individually. When treating a patient, I use a variety of techniques such as acupuncture, cupping, gua-sha, moxa and electro-acupuncture.

Acupuncture can benefit many common problems such as headaches, menstrual problems, digestive disorders, infertility and musculo-skeletal aches and pains, sciatica, tennis elbow, arthritis, insomnia, anxiety and depression. My passion lies in fertility and women's health.

I now work at Amber Health, a local clinic in Baldock, Hertfordshire as well as having my own practice in my home, Arbury Acupuncture (www.arburyacupuncture.co.uk). I thoroughly enjoy what I do and wish I had known more about it years ago. It is still a complimentary therapy that people know little about and often like myself visit it as a last resort.

LILY SLADE

Leaver in 2014

Whilst I was at The Maynard, alongside my academics I was able to take part in all sorts of team activities such as Hockey, Duke of Edinburgh and Ten Tors. I loved being part of a team and solving problems together to make sure we were able to carry out the tasks or the sport as efficiently as we could. This is a large part of why I went on to train at Southampton university as a nurse, where teamwork proved to be fundamental to the role as we work alongside other medical professionals and closely with patients and their relatives. I chose to specialise in cardiology because it is exciting and fast paced, with the technology and procedures

constantly evolving. Cardiology isn't the area of nursing I thought I would work in, which was oncology however my mind changed when I had a placement on a high dependency cardiac ward, the team was so dedicated, knowledgeable and worked seamlessly together which meant the care the patients got was outstanding. I was able to learn a lot about the different medications used and came across some very unusual cases, every day was different and you never knew what the next day



would bring. I now work in the Cardiac Cath Labs at the Royal Devon and Exeter Hospital. My role is to assist the consultants to put pace makers in, perform angiograms (where you look at the arteries that supply blood to the heart to understand why the patient has chest pain) putting stents in if required and ablations (when an electrical path

in the heart is either burnt or frozen to remedy an undesirable rhythm). The hours can be demanding because on top of my full-time day job in the lab, I do on call shifts where I come into work when there is a cardiac emergency overnight. The job can be stressful due to the increasing demand on the health service with increasing waiting lists and the lack of staff and resources. Whilst the majority of procedures are successful and go as planned, some don't because the patients we see are often very unwell. During occasions like this, team work and communication are essential to managing and resolving a bad situation. However, the challenges are always outweighed by how rewarding it is when you give good care and when you improve the patients' health and quality of life. It always surprises me how small acts can have such an impact for the patient, something as simple as holding their hand when they are nervous can reassure and make an unfamiliar experience a lot easier.

MAGGIE STIRLING TROY

Leaver in 1981

I became a Christian in Roots Nightclub on the Quay at the end of my first year in the 6th form. A Christian band was playing and for the first time I encountered the reality of God in Jesus and gave my life to him. I had no church background so it was a fairly dramatic conversion. The following year I went up to Oxford to read Greats and became very involved with the Christian Union.

As my degree course drew to an end, many of my male contemporaries prepared to start ordination training. I was feeling called to ordination too but in 1985 it was not an option for women in the Church of England. What was I to do? The careers service had just introduced a computer programme called

the Gradscope to help identify possible options. I entered my skills, preferences & aptitudes and out came the top result: 'Minister of Religion'. But second choice was a little more helpful: solicitor. I ended up spending nearly 30 years in the law becoming a partner in a City firm, specialising in tax and trusts, and then a consultant after the birth



of my son. But the call to ordination kept niggling away and eventually had to be confronted. In 2010 I was accepted for ordination training and was finally ordained priest in the Church of England in 2014.

I have loved being in parish ministry. It is an incredible privilege leading the church in worship and walking alongside people at key moments in their lives - celebrating christenings, weddings and funerals. The C of E is there for everyone who lives

in the parish not just those who come to church although it is wonderful when people come to a living faith of their own.

Since 2015 I have also been a part-time prison chaplain at HMP Send, a closed women's training prison not far from Guildford. As a prison chaplain I work with an inter-denominational and multi-faith team to serve the pastoral needs of all the prisoners. We have certain statutory duties eg. visiting daily all women in solitary confinement and any deemed at risk of self-harm. All the women are convicted prisoners. I initially found it disconcerting to discover that many of the most delightful were serving life sentences. Early on I was driving in feeling particularly useless when I clearly heard God say to me 'just turn up'. That is the key to chaplaincy - not thinking you can fix things but just being there, listening without judgement, however uncomfortable that might be, and offering the unconditional love of God.

DR ALLIE BENNINGTON

Leaver in 1991

Dr Allie Bennington was a pupil at The Maynard between 1989-1991. After completing a BSC (Hons) in Geography and Environment Studies in 1994 she then received a full scholarship from the Natural Environmental Research Council to complete an MSc in Remote Sensing in 1995. Following 2 years at Lloyds of London as a Satellite and Rocket Underwriter she started her Army career in 1997 as an Officer in the Intelligence Corps and provided intelligence support to a variety of humanitarian operations overseas. She was awarded a commendation from the US Government for her collaborative intelligence work in 2005 and a PhD in 2011 following her work using satellite imagery and aerial photography to support overseas military



operations. In her last 2 tours she provided bespoke support to Army personnel as they were medically discharged from the military back into civilian life. It was as a direct result of supporting these injured and sick service personnel that she was inspired to move across to the third sector to help ex-Armed Forces personnel in need.

In 2012 she moved across to Help for Heroes to help develop the charities' welfare capability in support of wounded, injured and sick serving personnel, veterans and their families across their four Recovery Centres. In 2018, she became the Head of Evaluation & Assurance and took on the responsibility of measuring and reporting the impact of their support.

She has just embarked on a year-long Specialist Fellowship programme - Clore's Social Leadership's 2020 Experienced Leaders Programme with her place funded by the Forces in Mind Trust.

The programme enables leaders with ambition to drive social change in their organisations and communities, be mutually supportive and collectively stronger to make lasting change. As such, she is proud that her work and ambition in Help for Heroes, to develop impact measurement across the social sector, make good impact practice the norm by creating a culture of continuous improvement and shared learning, and encouraging others to do the same in the sector, has been recognised by this funded Fellowship.

STASHA NAPIOR-KOWSKA

Leaver in 1976



OM Louise (known as Stasha) Napior-Kowska, works for The Agriculture and Horticulture Development Board (AHDB), a statutory levy board, funded by farmers, growers and others in the food supply chain.

Change is happening faster than ever and we're entering a defining time for the food and farming industry. We're on the cusp of a new agricultural revolution, with a shifting landscape where driving productivity and maintaining competitiveness is key to our farmers succeeding.

AHDB plays a vital role in activities which most individual farm businesses could not afford to do themselves. These include, improving farm business efficiency and competitiveness in the areas of: pigs, beef and lamb production in England; milk, potatoes and horticulture in Great Britain; and cereals and oilseeds in the UK. We undertake agriculture related research and development and farm-level knowledge transfer activity, provide essential market information to improve supply chain transparency and undertake marketing promotion activities to help stimulate domestic consumer demand and to develop export markets. It's all about people, whether we are providing nutritional information to educate children about where their food comes from, or developing apprenticeships for the next generation.

Stasha has been working in the food industry for over 20 years, including roles at Co-op, Greencore and Unilever, and is now able to do something for the benefit of agriculture by bringing her retail and manufacturing experience into management of multiple retail account relationships as the 'go-to' person for them and on behalf of AHDB. Her role acts as a conduit between farmers, processors and UK retailers, and on a personal level, working for AHDB and with UK farmers, reminds Stasha of

growing up in rural Devon in a farming community.

AHDB works for more than 100,000 farming and supply chain businesses across the country, and we have a responsibility to get farmers ready for the change that's coming and helping them to not only survive, but thrive. We try to identify and promote exciting opportunities for those willing to grasp them – we want to unite the whole food industry around a common goal to lift productivity, bringing people together to collaborate, innovate and drive change.

ALISON MOORE

Leaver in 1979

After leaving school I went to the University of Bath to study Electrical Engineering. Eventually I joined BT, with a variety of roles from installing – well, managing - the communications in the Channel Tunnel, supporting a customer who provided limitless Magnums in meetings (can't look at one now), through to running data networks for international businesses. It was there that I noticed the impact on some colleagues of organisational change resulting in absence from work, stress, anxiety, depression and anger. After much research, I went to the University of Winchester where I qualified in Humanistic Counselling with TA (Transactional Analysis) in 2009. I had left BT (gulp) in 2006 to study and now I needed a job as a Counsellor.

There were few jobs for Counsellors, so I set up my own business in Poundbury, Dorchester – having never run my own business previously. Poundbury was a great location and I was successful, partly through the support of the Prince of Wales who is actively involved with all businesses in his 'model village'.

I now see individual clients in North Dorset, and via video, around the world. My clients tend to be men who have quite an isolated life; they could be farmers, or chief executives, athletes or police officers.

Being able to help clients understand why they feel like they do, then guiding them about the changes that they can make to be different is so very humbling. I'm not exactly sure why I attract mainly male clients – and it certainly goes against the (mis) perception that men don't talk about mental health. I can vouch that many do.



I love my job because every client every day is different. Clients who perhaps six weeks before were

unable to sleep, had suicidal feelings or perhaps were off work; seeing them gain understanding and tactics to put in place to make straightforward changes that alter, for the good, about how they feel about life.

What are the downsides? The emotional demands can be very heavy, which means regular time out from clients. If I'm not working I'm not earning, which takes financial discipline to manage. Oh, and the assumption by others that 'I'm all sorted' . . . I'm a work in progress too.

Counselling as a tactic for helping people's mental wellbeing is proven to be successful and poor mental health has wide reaching implications on families, on finances, on education – the list is endless. I'm pleased that mental health and wellbeing are mainstream subjects now but, with the growth of social media, I think we need to be alert to the next challenge.

REVD DR ALEXANDRA CLARKE (NÉE LUFF)

Leaver in 1993

I'm an Anglican priest working as a school chaplain in a state secondary school in Cambridge which has about 900 students, aged 11-16. It has a fairly unusual 'Inter-Church' (Roman Catholic and Anglican) foundation and it's my responsibility to minister across the denominations. I provide a range of worship opportunities from daily assemblies and weekly tutor group worship to Mass and Eucharists for individual year groups as well as termly whole school celebrations. I coordinate a group of 'Chaplaincy Reps' (two students from each tutor group) who take a lead in times of worship and other acts of service within the school. I offer lunchtime clubs, organise Reflection Days for each



year group such as 'Being Human' and 'Science and Religion', prepare students for Confirmation and run the annual Year 7 pilgrimage to Durham and Lindisfarne.

Many of the students have an active faith and welcome opportunities to explore what that means for them in the context of their peer groups. Nurturing their faith and helping them to navigate the transition from the inherited faith of the family to a more independent faith of their own is one of the greatest privileges of my role.

Much of my time is spent in pastoral care of both students and staff. The mental and emotional pressures on young people in our 24/7, digital age are immense and the chaplaincy is often the first port of call for those who find they can't cope. As a

non-teaching member of staff my role is devoted to supporting the development of the whole person - social, emotional, mental and spiritual - and so accompanying young people as they seek to find a path through the challenges of friendships, family life, academic pressure, societal expectations and increasing mental health needs is an incredibly fulfilling occupation.

HELEN MACMULLEN

On leaving the Maynard, as a naïve 17 year old, I thought I wanted to work in finance, wear a smart suit to work and sit in a fancy office. More than twenty years later and I am far from that vision! After studying Philosophy Politics and Economics initially and a short stint with an economic consultancy I realised that was not the life for me and went back to study Medicine.

Now I'm an A&E doctor working at a busy Major Trauma Centre in Oxford. I also work as medical support on long distance running events, have recently climbed Kilimanjaro as the expedition medic, do pitchside cover for rugby matches and am also currently working on projects to help promote physical activity within the Hospital setting.

I love sports, travel and being outdoors and had often thought at medical school how great it would be to do 'expedition medicine'. However, at the time I had two small children and felt that this would not ever be a possibility! I fell in love with A&E and, after a year spent out in New Zealand with my husband and girls, I started my A&E training back in the UK in 2015.

What do I love about my job? In A&E I love the unpredictability and variation; the teamwork and



the fact I get to meet people from all walks of life - everyone is equal there. I love the way that what I bring to my job can make a huge difference to the experience of whatever crisis somebody has found themselves in for them to be in the Emergency department at any time of day or night; whether physical or emotional, for them or someone close to them. From road traffic accidents to overdoses, heart attacks and appendicitis, from 1 year old babies to 100 year old great grandparents. It is an environment of high emotion and it is a real privilege to be present at what is often a very difficult time for people. I also love the physical side of my job, relocating joints, manipulating fractures, sedating patients, wheeling them for X rays. I certainly do not sit still much!

In 2016, when I was offered the opportunity to help support a 250km ultra marathon stage race over

6 days in Northern Spain I jumped at the chance. I've now worked 7 of these long distance running events and really love it. I've also supported a diving expedition in Indonesia and in 2019 supported a Kilimanjaro climb with a company called Action Challenge.

The kinds of things I see and manage on these events are mainly musculoskeletal. Nasty blisters are also common. Infections, especially skin but others too. Environmental factors can be very significant, leading to gastro-intestinal upset, dehydration and heat illness, altitude and decompression sickness which can all be life threatening. It feels similar to working in A&E apart from the location - you have to be ready for anything!

VERITY WESTGATE (NÉE ORME)

Leaver in 2002

The best thing about my job as Clinical Research Coordinator is knowing that the work I do contributes directly to the improvement of patient care and the outcomes of people staying in hospital. I have been working as a Research Coordinator for the University of Oxford since 2015, having spent ten years as a qualified librarian – the skills



of organising both people and things are very transferable! I work with the Critical Care Research Group, aligned with the hospital Intensive Care Unit (ICU) and our work focuses particularly on the identification of deteriorating patients at an early stage before they require ICU admission or die. The largest part of my job is project management. I make sure that we have all of the relevant permissions in place for us to carry out our research; I keep an eye on project progress and make sure that everything stays on track (this can be complex when projects involve a variety of busy professionals including doctors, nurses, biomedical engineers and academics from several different

institutions); I liaise with our funders and other stakeholders so that they know that their money is being used wisely; I keep in touch with our patient representatives who provide input into our projects by giving us a different perspective.

Although my role is mostly administrative, I do also support the research staff directly in carrying out research. I have spent time on hospital wards observing staff, interviewed nurses and doctors about the processes involved in identifying whether a patient needs to be admitted to an ICU and contributed to a number of poster presentations and publications. I have attended several conferences, including presenting my own poster, and am currently carrying out a Masters in Health Research to develop my skills. However, I should add that a medical background is not necessary for my role – my first degree is in history but I always loved Chemistry at school, taking it up to A-Level. Clinical research is an endlessly fascinating area to work in – it is very fast moving and there is always something new going on or to learn about which makes it a very stimulating environment. It may take a long time for our research to come to fruition in hospital practice but the potential for it to make a difference to people's lives is phenomenal.

PENNY SHELLEY (NÉE HALL)

Leaver in 1993

I first started working as a physio with UK Athletics in 2002, helping with the greats like Donna Fraser, Jo Fenn and Paralympic champion, Danny Cranes. Working in High Performance sport meant a lot of travel either at training camps or for European or World Championships and the Youth Olympic Games.

I developed a passion for working in disability

sport and worked with Para Team GB at the Turin Paralympic Games 2006, at the Beijing Paralympic Games 2008, with British Swimming and at the London Paralympic Games 2012 as Deputy Lead Physio.

I really enjoy the multi-sport events like the World University Games (WUGs) where young athletes, like Jessica Ennis, are talent spotted. In fact, I went on to become the Chief Physio for the WUGs.



After 12 years working for the English Institute of Sport, where I looked after the Olympic and Paralympic athletes in the north east like Tony Jeffries (bronze Olympic medallist) and Jo Jackson (another bronze Olympic medallist), I became the lead physio for British triathlon with a great bunch of athletes such as Lauren Steadman. Being the Chief Physio for the inaugural Invictus Games was also a huge honour!

Having my little boy in 2015 and after 13 years travelling the globe, working crazy hours with fantastic but often sweaty people, forced me to step back and I now run The Performance Clinic which allows me to be home for school pick up, whilst maintaining my love for helping people getting back to the things they love.

MEHRENGISE COOPER

Leaver in 1985

I studied Medicine at St Mary's Hospital Medical School in 1985 (now Imperial College), qualifying as a doctor in 1991, together with an Intercalated BSc (Hons) in Neurosciences.

I undertook my postgraduate training in Paediatrics and Paediatric Intensive Care Medicine (PICM) working in London, Bristol, Exeter, Torbay (anaesthetics) and a Fellowship in Paediatric Critical Care Medicine at Boston Children's Hospital (part of the Harvard training programme) following competitive interviews. I have been a Consultant Paediatric Intensivist at St Mary's Hospital since 2004 and although the main focus of my time is my clinical work, I have other fantastic roles and interests in which I am involved at local, regional, national and international levels.

Working in PICM is a huge privilege as we are a group of multi-professionals (doctors, nurses, allied health professionals) working with families going through a pretty horrific experience feeling powerless whilst we provide multiple organ support, and have very challenging conversations.

Our unit is nearly 30 years old, as PICM is a relatively new speciality and our PICU's particular



expertise has been around the management of life-threatening infection and respiratory failure; the vast majority of our patients are admitted as emergencies with 80% of our admissions being brought to us by a specialist children's critical care transport team. St Mary's was designated the major trauma centre for North West London in 2011 and so our workload has changed to reflect this.

My clinical interests are in Neuro-critical care, Organ donation and Palliative care. I have research interests in simulation training and post-PICU psychological morbidity for children and their families.

I work with our team training junior doctors and I have a major interest in training and education.

I experienced my first simulation training when I was working in Boston and have developed programmes at St Mary's Hospital, the London School of Paediatrics (LSP) and ESPNIC (European Society for Paediatric and Neonatal Intensive Care). I chair the training committee in PICM at the Royal College of Paediatrics and Child Health, I am a Training Programme Director for the LSP and I am one of three Divisional Director of Medical Education at Imperial College Healthcare NHS Trust. I was also elected to the Paediatric Intensive Care Society Council in the UK.

I have been very lucky to have developed my career in many ways and continue to work in many areas that I love. Our work is really tough and so I have a pretty busy life outside work that I love as well!

NANCY PIPER (NÉE DICKMAN)

Leaver in 1999

I am currently living out in Nairobi, Kenya with my husband and three children. My husband's job brought us here, working with the British Army's Peace Support Team.

I am volunteering for a charity called The Lunchbowl Network, teaching children from Kibera which is Nairobi's biggest slum. I work at The Good Samaritan School which was set up to meet the needs of some of Kenya's most vulnerable children. The school takes in 330 children aged between 2 and 13 years old.

These children live very difficult lives, often lacking the most basic amenities such as clean water, sanitation, food and electricity. They live in intense poverty. The children are selected to attend the school due to extreme need such as being orphaned, having access to less than one meal a day or social issues such as parental substance misuse. The school provides them with breakfast, lunch and snacks throughout the day to ensure they are well nourished and even provides food packs for the most needy families during the holidays.

For poor children in Kenya their difficulties are often compounded by an inadequate education that causes them to be severely disadvantaged. Our goal is to provide the children in our school with a good standard of education and give them the opportunities to, one day, leave behind the poverty into which they were born. We take a holistic view of the children's education and try to create a positive and fun environment for them to learn in.

In my job I work predominantly with teachers and children in Years 1, 2 and 3. We aim to develop the curriculum and strive to make the lessons as



creative and exciting as possible. In Kenya many children rote learn while sitting at their desks for up to six hours a day. We are trying to move away from this style of education.

I also work with children who are struggling educationally and give them small group intervention to try to help them catch up. There is also a large amount of pastoral care required which is a tremendously important aspect of my job.

The work I do is both challenging and rewarding in equal measure. I feel extremely privileged to have

gone to such a fabulous school as The Maynard and I know that my time there developed many of the qualities I have relied upon whilst living and working in Kenya. Confidence, self-belief, determination, integrity and a good sense of humour have been essential to working in a Kenyan school. I love spending time with such wonderful, happy, enthusiastic children who remind me every day that no matter how hard life may be there is always a reason to smile.

SUSAN ROBERTS

Leaver in 1979



When I left The Maynard in 1979, I thought I knew what I wanted to do with my life. If it seemed slightly unusual to me, it clearly seemed bizarre to most other people, be they family, friends or teachers. I wanted to be a priest! (Of course it wasn't even possible for women in 1979!)

Everyone else seemed to have different ideas about this – not least my family – and on the Monday after leaving school I started work as a receptionist in a local veterinary practice. I loathed it, and I loved it.

I couldn't walk past the operating theatre without nearly passing out, but I did love the daily contact with people, and often being the first person to listen to their concerns and worries.

Only when I was finally ordained priest in 1997 did I realise the deep connection between my new role and that first venture into the world of work: people, and people in need. Something in me, however odd it may sound, 'enjoys' supporting people through the dark moments of their lives, as well as sharing in their joys and celebrations. It is an enormous privilege to be invited to share, often very deeply, in people's lives at moments that are of great significance to them. There have been plenty of 'firsts' along the way: moments that if you'd told me I was going to share them, I would have run a mile. And yet, when it comes to it, somehow, by the grace of God, (or whatever you like to call it), it works out, and a new level of understanding and sharing comes about. I suppose we all put up barriers of various sorts – and my role invites me to drop the barriers and enable others to do so, so that we can connect and they can find a way forward that is ok. To know that you've helped somebody get through a dreadful moment, or to see that there is a glimmer of light at the end of the tunnel is, for me, probably the most satisfying aspect of my work.

My days are enormously varied, and – best of all – they are mine to organise! So in one day I can go from a site meeting with the church architect, to a primary school to take Collective Worship, on to the funeral of a deeply loved 101 year old, and then to a tutorial with an ordinand in training, ending the day with a wedding rehearsal and some rather hectic cooking for the next day's cake stall – or 8-10 teenagers cooking pizzas in my kitchen and watching a DVD together, whilst they and my dog play what looks alarmingly like indoor football! Somewhere in amongst that there will have been

the string of emails that we're all so used to now, and the phone calls that range from 'My grand-daughter's just been diagnosed with leukaemia' to 'Can you witness my passport application?' But there are also days when people cancel things left, right and centre, and I suddenly end up with a gloriously empty afternoon in which to attack the garden, take the dog for a really good walk, or catch up with friends over a long pot of tea! There are never enough hours in the day, and life is rarely, if ever, dull!

HANNAH PARTRIDGE

Leaver in 2009

After leaving The Maynard in 2009, I studied Physiology at the University of Bristol and then went onto do an MSc in Nutrition Science at King's College, London. Once I had completed my degrees I wasn't really sure what avenue within nutrition science I wanted to take. I ended up getting a job in International Affairs for the Nutrition Society, a learned society and charity that disseminates nutrition science research.

After four years at the Society I decided I wanted a change and to work for a larger organisation with a similar ethos. I got a job at the Wellcome Trust as a Grants Adviser. I had always aspired to work at Wellcome due to their mission to improve health through research and reputation. The Wellcome Trust was established in 1936 with an endowment from Sir Henry Wellcome; it is now the second largest private funder of biomedical science research in the world. My role as a Grants Adviser involved managing the grants application and award processes for Wellcome's funding activities within the population health area of funding. I have now moved onto working in the Our Planet, Our Health funding team within the organisation.

Our Planet, Our Health funds research into the challenges food systems, increasing urbanisation and climate change pose to health. My role is to support and manage the portfolio of grants we have funded in this area as well as organise and support any events or workshops the programme holds and assist with scientific strategy development.

I always wanted a career where I felt like I was making a difference to people's lives. When I was at school this was centred around working in a health service role. After missing out upon a place to study



dentistry in Upper Sixth, I knew this would have to take a different route and I am glad it did (not sure dentistry would have been for me!). I love my role at Wellcome and, although I may not see the benefits of improving health for people directly, the funding that Wellcome gives researchers has a real impact in the long term. I feel that my role in that process enables me to make a difference!

JENNY LIDSTER (NÉE BARTLETT)

Leaver in 1991

I have had an eclectic working life, including several roles within the Environment Agency in Fisheries, Pollution Control and Hydrometrics, celebration cake maker, and most recently teaching Mindfulness to both adults and children. I loved each and every one for a different reason but it was while I was teaching mindfulness that I realised I wanted to be able to offer more to people - to be able to have a greater impact in helping others change their lives for the better. I looked at several options for wellbeing/mental health therapies, but having personally had great benefit from hypnotherapy, it was an easy choice to make. I chose to train with the Devon School of Hypnotherapy due to its reputation and the more in-depth and advanced techniques it includes in its training. I now use these regularly to help my clients achieve rapid and permanent resolutions to their problems. I see clients in and around East Devon, mainly from a therapy room in Honiton.

Hypnotherapy has a multitude of applications - the power of our subconscious mind is incredible, it constantly drives our thoughts and behaviours even when we don't realise it - and to be able to help people harness that power to improve their lives instead of be limited and held back by it, is a wonderful thing. I work with both adults and children and while I see clients for all manner of issues including general stress, fears and phobias, lack of confidence or motivation, insomnia and stopping smoking, I specialise in helping clients who want to lose weight or suffer with anxiety, both generalised anxiety and in particular anxiety surrounding horse-riding. It was after the birth of my first child 17 years ago that anxiety started to blight my everyday life and I ended up putting on a considerable amount of weight in that time. I



tried so many things to help with both the anxiety and weight loss (CBT, counselling, psychotherapy, mindfulness and every diet and exercise regime going) and while those things all helped either temporarily or in a limited way, it was only through hypnotherapy that I found permanent relief from the daily anxiety, and have finally lost, and kept off, 4.5 stone in weight too. Having been in the same place as many of my clients I genuinely understand the issues they are facing, and being able to help them move forwards in life with a new outlook, feels like a wonderful gift.

I love what I do so much it doesn't feel like 'work', the ability to help people change their lives in whatever way they choose, and see them very often achieve results which are literally life-changing, is something which brings me joy every day.

THE TRIALS & TRIBULATIONS OF TEN TORS

For many of our alumnae, completing the annual Ten Tors Challenge forms an everlasting memory of the grittier side to Maynard life. You either love it or you loathe it but, generally speaking, only the most determined will make it to the start line after months' worth of training and preparation.

Hell hath no fury as a wild and wintry Dartmoor and, even when Mother Nature is feeling a little kinder, completing Ten Tors is a monumental achievement and one that formulates much conversation and nostalgia long after crossing the finish! Certainly, all those who have contributed to this section enjoyed recalling the moments of sodden clothes or sunburnt skin, heavy rucksacks, equipment failures and blisters, blisters, and more blisters!

1977 JANE JONES



Silver Jubilee year and a group of us formed a Ten Tors team, independent of school. We trained with the ever-patient Colin whom we had met on a wonderful climbing week in North Wales the previous summer with the Exeter Adventure Club.

Ten Tors training was certainly our next big adventure as our team led by Janet Heywood and comprising her friend Liz Storey and other Maynardians, Janet Laney, Emma Parkin, Jane Phillips, Rachel Tucker and Pip Squires found

ourselves exploring the moor in all weathers, sometimes with Colin in tow. I remember walking through bogs, learning to map read and camping out one weekend below Warren House Inn

while Colin slept in his car. Janet remembers on one training walk finding a SILVA compass on the ground near a tor and was delighted. We started using it and then got hopelessly lost and had to follow a river down to get off the moor and to find a very worried parent; at least we knew how to get off the moor but we also learned the lesson of 'do not use abandoned compasses!' We also had fun getting t-shirts made for our team 'The Tortoises'.

As a group of girls, we were restricted to entering the 35-mile route. On the big weekend we arrived to stay with a crowd of other teams at Okehampton camp on Friday evening and were given our list of tors from which we created a route. Woken by rousing music



in the morning we set off early and made good progress. Emma remembers it being a hot day and that we got sunburnt and of course there were inevitable blisters.



We had covered the majority of miles on the first day so on the Sunday we were well ahead and made it back to Okehampton soon after midday to be greeted by smiling army organisers and presented with a delicious chocolate cake, baked by one of our supporters.

The whole experience was hard work but a lot of fun. It gave us all a life-long love of walking and being outdoors. I hope we paved the way for a succession of Maynard teams to enter the competition.

1977

VIRGINIA PARKES (NÉE GALLING)

We were the first complete girls' team to finish the 35 mile route that year. Completing as a full team is one of the aims as you have supported the whole team through rather than letting the tired ones give up to enable the others a better time or even risk not completing.



The names of the girls are, from left to right Danielle Morrison, Monica Wray, Jane Allen (Centre Front), Penny Keating (Centre Back) Virginia Galling (me); Francis Ratcliffe.

1984

REBECCA WILKINSON (NÉE CHAPMAN)

I have very fond memories of Ten Tors. I took part in Lower VI in May 1984 under the supervision of Mrs Reed. I was in a team with Clare Hamilton-Bate, Hilary Brownlow, Morag Ferguson, Charlotte Selwood and Kate Baber.

By far, my most outstanding memory was the adverse weather conditions on one of the training weekends in May in the run up to the main event - freak blizzards! Conditions were truly appalling - zero visibility, freezing temperatures and we were ill equipped. Finding our route was challenging - we were having to make compass bearings off landmarks such as a half metre tall stone cross in the middle of a long hill plateau of moorland grass. Somehow we made it to 'base camp' - a field on the edge of the moor in which to pitch our tents. We were one of the few teams that made it back to base

camp - most took escape routes to the East and were picked up by Mrs Reed. We were all suffering from exposure to some extent.

One boys' team from Exeter School, however, got disorientated and escaped to the West. They became lost and had to pitch their tent on open moorland. The helicopters were out looking for them all night. The boys were found the next morning and flown to hospital suffering from hypothermia. We had a very uncomfortable night in our tent - the snow was weighting the outer sheet down onto the inner sheet so we were wet as well as very cold and there was the constant whirr of helicopters in the night sky. In the morning we were not able to have much of a breakfast as our marmite had frozen into strings of elastic. We had to put on frozen walking boots to trudge back to our pick up point home - we were tired, sore and very worried about the boys team. But, by the time we were in school the next day, we were fully recovered, warm and fed, and sharing our adventures with our friends.

We gelled well as a team. We were determined to be the first girls' team in. For us, this meant taking the direct line, whatever the terrain. It involved spending a lot of time up to our ankles in boggy water. Even the notorious moorland bogs were not a deterrent - we used to cross them by jumping onto the floating tufts of moorland grass - quickly before they sank. I remember missing on one occasion and finding myself waist deep in bog - the girls had to use a rope to pull me out! I also remember Charlotte trying to jump across a small stream and being tipped off balance by the weight of her rucksack. She was soaked from head to toe and had to do a full change of clothes out in the open, in the rain, before she froze to death! Back then, for the event, the girls' teams had to camp on the 10th Tor unlike the boys teams who were able to camp just short

of the finish line. I remember that Tor as a desolate, windy place, with just a few soldiers manning it and one or two boys' teams camping there. It was quite surreal using the toilet facilities - a portable toilet surrounded on three sides by improvised screens (staked green fabric blowing furiously in the wind) and facing outwards with commanding views of the moors. We made sure we were up at 6am the next day so we could set off as soon as we were allowed to - we finished the course elated, achieving our goal of first girls' team in.

1985

SARAH YATES (NÉE TURPIN)

I remember my first Ten Tors with the school. I had just turned 14 and was asked by Pat Read to step



in as a substitute to complete the 35-mile team in 1985. I was more nervous of the fifth formers who made up the team than of the walk itself, but they were absolutely lovely and showed true Maynardian friendship and support. During the walk there was a point when the thought of falling out (of the competition) was quite strong, but thanks to the girls and a lovely army chap who treated my blisters, we all finished together. True team spirit!

1986

SASHA LONG (NÉE COCKRELL)



Caroline Seymour (néé Burt), myself, and four other Maynardians completed the Ten Tors expedition in 1986 in the worst weather conditions for 27 years. In fact, it turned out that we were the only all-girl team to complete it that year.

We set off in torrential rain on the Saturday morning, with the plan to get to the 9th Tor by the evening. However, within minutes we were soaked to the skin and with visibility reduced to almost zero due to thick fog, we had to walk entirely on our compasses. It was slow going. I remember hearing, but not being able to see, the blades of a helicopter whirring overhead, sent to rescue stranded competitors.



At the end of the first day we had made it to Tor 4, but we simply couldn't see it due to the fog. We were on the point of abandoning the whole expedition, when the fog momentarily lifted just long enough to reveal the Tor, a few yards away. We put up our tents that night in misery, with one of our team becoming unwell. None of us slept a wink.

But by the following morning, the rain had stopped. We packed up the tents and set off hungry, with heavy rucksacks and even heavier legs, knowing we had six more Tors to complete. It was a race against time to get to the finish line before the 5pm deadline. Against all odds we made it with a few minutes to spare, exhausted, but with a huge sense of relief, and enormous pride in our achievement.



Caroline and I still enjoy adventure holidays together. In recent years we have taken our two families camping, canoeing, skiing, geocaching, and mountain climbing. I believe that the grit and determination that we have both shown over the years was born on the Moor that weekend. It was definitely, as my mother would say, character building.

IN THE 2000'S

ZOE WILES

I participated in the 35, 45 and 55 mile Ten Tors Challenges when I was at The Maynard (I left in 2010), and without doubt, the experiences I had on our beautiful, hostile Dartmoor are some of my most treasured memories from school.

Uplifting memories of the 'Chariots of Fire' theme tune playing loud over the tannoy at Okehampton Army Camp, waking us up in our tents before dawn, before the beginning of the race...

Ridiculous memories of how many packets of Percy Pigs, slabs of chocolate brownies and spoonfuls of Boil-in-the-Bag Chicken Dopiaza we managed to eat.

Sore memories of bruised hips; soggy memories of squelchy feet in wet boots; smelly memories of teenage girls sharing a small tent.

Painful memories of traipsing through torrential rain over the moor on 4th March 2007, being told of the death of the young Charlotte Shaw, who died that very same day out there on the moor.

Resilient memories of helping each other up off the ground, sharing the heavy load, singing our wild voices out into the elements to keep going, just keep going...

Over-the-moon memories of crossing the finishing line, burning with blisters, alive with adrenaline and immensely proud of all that we had achieved as one of the few all girls' teams.

I am indebted to the dedicated staff that led our training regime, particularly Madame and Mr



Saunders, because without them and without Ten Tors, there would be no way that I would be leading expeditions for teenagers today.

After finishing schooling at The Maynard School, I went on to achieve my Mountain Leader Award and I am now a member of the British Exploring Society, taking youngsters, some with disabilities, to remote locations, such as Iceland, to create the kind of memories that Ten Tors offered me.

I am very honoured to have been shortlisted for the Emerging Leader of the Year Award 2020 at the British Exploring Society. I owe it to Ten Tors. I owe it to Dartmoor. Thank you.

Photos from Ten Tors 55 miles in 2010.



Other members of that team were: Antonia Mattos, Sara Cameron, Jessica Brook, Kate Saddler, Venetia D'Arcy.

Dog Therapy

In hindsight, it's no surprise that the advent of the dog-mad Miss Dunn as Headmistress saw a rise in the school role, and not all of the new 'pupils' are human. Meet the canine community that spreads a little happiness wherever they go, bringing a sense of comfort, nurture and calm... whilst ensuring every dropped crumb is efficiently hoovered up!



*Mouse -
the self elected Sixth Form therapy dog*



NULA

Where to find her:

Junior School

My role:

Junior School Therapy Dog and honorary member of the Senior School Wellbeing Hub on Thursday lunchtimes.

My favourite part of the day:

Can I choose more than one? I absolutely love Dog Walking Club with the Junior girls, they are great fun and always let me have a run around the park before we walk back. I enjoy assemblies, snuggling up to the girls and listening to all the exciting

things that have been going on. I also love story time because it's soooo relaxing and I get loads of cuddles with the girls while they are reading. I'm particularly enjoying Marley and Me at the moment, I'm only half way through but Marley sounds like a great dog to be friends with!

Why I am so important:

Like all animals, I provide oodles of comfort, love, and affection and, as many of our girls don't have their own furry friends at home, I wouldn't want them to miss out! I bring a sense of calmness to the classroom as well as an element of lightness and joy wherever I go. My love is unconditional and I am a friend to everyone. If you are feeling anxious, I am always there to listen. I will never judge you and I will always accept you for who you are.

The highlight of my academic year:

Definitely the first day of term in September. I love seeing all the girls coming back after the holidays and if anyone is feeling a little wobbly I'm ready and waiting with lots of cuddles. It's brilliant being introduced to all the new girls for the first time and all the girls that already know me get me to show off my best tricks to them.

How I spend my spare time and unwind after the demands of my job:

Lots of long walks through the woods at Killerton chasing all the squirrels! I also love the feeling of sand between my toes so I really enjoy a long run along Exmouth beach. My favourite walks are in Cornwall where there are hundreds of Labradors on the beaches to play with and all the cafes give out doggy treats if we're good!

SMARTIE



Where to find her:

Senior School

My name is Smartie. My owner says I am ironically named - I'm not sure what she means.

I accompany my human to school every Tuesday. She generally moans and grumbles about having to take me outside when she has lots of work to do. Luckily the girls fight to take me out. I pretend I don't want to go so that they will lure me with carrots which are my favourite.

I play a very important role in the school. I make myself available throughout the day for general patting and cuddling. I like to loll in girls' arms like a baby and they seem to enjoy it as much as me. I also go to the lunchtime club in The Hub where I mooch around whilst the girls do arts and crafts and chat. I usually leave with an array of pom poms attached to my collar.

My highlight this academic year and greatest achievement has to be learning to push over the bin in one of the Upper 3 (Year 7) classrooms. Left over packed lunches are my favourite.

When I'm not working, I like to loll on my huge cushion at home either sleeping or barking at passing cats.

FRANKIE



Where to find her:

Everywhere (and not always where she should be!)

My role:

My role at school is to be ecstatically excited about everything. I help to inspire enthusiasm in everyone by wagging my curly little croissant of a tail so hard that my back legs can sometimes take off. I also run a very important service washing faces with my tongue. I'm especially good if there's any bits of Maynard cookie left on the face or around the mouth and nose of my clients.

My favourite part of the day:

For me, my favourite part of the day is when I get to have a nap on someone's lap. It's exhausting being this cute and I need to get forty winks in here and there. Once I've recharged, I'm ready to run around generally being bonkers and licking stuff again. Lunch too. Lunch is friend.

Why I am so important:

I'm really important because I'm a good example of how persistence pays off. I have tiny legs and a pudgy little body and when I first started at the Maynard, I couldn't get up the big stone steps. But I kept trying because I knew that I'd find treats and snuggles somewhere. Now I can climb almost all the stairs although I don't particularly like going down them because I have rubbish depth perception.

The highlight of my academic year:

Definitely learning about Romeo and Juliet. I got so excited when I saw Leonardo Di Caprio on the big flashing screen thing that I barked and barked at him until he went away for good which was sad because his face is a bit like mine...all squishy and flat.

How I spend my spare time and unwind after the demands of my job:

Unwinding after the demands of the school day is super important. I like to chew on my crinkly

broccoli toy and nap next to my hot water bottle but if someone is doing anything more interesting, such as laundry, cooking or even wiggling their toes, I'd rather get involved with that.

TY



Grand Dame of The Maynard, wise counsel to the whole doggy community and custodian of Miss Dunn's office.

Duties include wowing prospective parents, chairing various meetings and creating an all round calming influence in a super busy environment!

Meet the graduates...



... because talent is spread evenly throughout society but opportunity is not.

The Maynard Award is a relatively new scheme that was introduced by Headmistress, Sarah Dunn, in 2016 and mirrors the strong ethos of our school – that an excellent education should be accessible to the most talented and gifted girls, regardless of household income.

Incorporating both a scholarship element (for academic, sporting and/or creative excellence) together with a means-tested bursary, the scheme can account for up to a 45% reduction in fees. Equally, we are extremely proud to offer three full 100% awards to exceptional students joining the Sixth Form from the state sector.

Let's meet some of the recipients who, thanks to the awards, joined us for those all-important A-level years and have now since gone on to pursue their dreams with some excellent qualifications under their belts!



Lisbeth Abraham

After my GCSEs at a state school, I had to make a decision about where I wanted to study for my A-levels. Not once did it cross my mind that I would join The Maynard for Sixth Form. It was only when Mr Hibberd came to my secondary school during a higher education fair that I even considered the option. After hearing such amazing things, I was intrigued and wishful to pursue my education at The Maynard. Nevertheless, I was still a little hesitant as I knew about the financial implications it would have for my parents (even though they were happy to go to any extent for my happiness and future). It was at this moment of contemplation that I came across the Maynard Awards. Although I applied, I did not think that I would get an interview let alone a phone call from Miss Dunn confirming

my receipt of one of the Maynard Awards! I was elated and could not wait to begin this next journey in my education.

Before being at The Maynard I had only heard such things in talks and presentations, however after experiencing it for myself, I can truly say that The Maynard is a nurturing, fun and welcoming environment. Achieving what I have, would not have been possible without everything that The Maynard offered me.

Firstly, the fantastic teachers who had a genuine heart to help each and every one of us to achieve our full potential. They were extremely supportive and always willing to help and answer any queries. This was particularly evident for me when I spent a lot of time one to one with my teachers as exams drew near. Moreover, the clubs and vast array of opportunities that were made available to me at The Maynard really helped to enrich my learning beyond the curriculum.

An integral part of my time at The Maynard was having the Head of the Sixth Form who gave the best guidance and advice, and not to mention the wonderful friends that I made!

The opportunities, support and guidance that everyone at The Maynard gave me was unimaginable and innumerable. Without the support from my family and, not to forget, without receiving one of The Maynard Awards, I would not be where I am today; studying a subject that I'm so passionate about, at such a well reputed University and on my way to achieving my dream to become a doctor!

For that reason and everything that The Maynard has done for me, I will forever be grateful!



Izzie Harding-Perrott

I can honestly say that coming to the Maynard School was one of the best decisions I could have made for both my academic and personal development, and it wouldn't have been possible without the Maynard Award Scheme supporting my entry into the Sixth Form.

I'm currently studying Anglo-Saxon, Norse and Celtic at the University of Cambridge, and I've been quite lucky in the sense that I have known what I wanted to study from a young age. After leaving my state grammar school having taken my GCSEs, I discovered my interest in Latin and so I taught myself up to GCSE standard. I knew that I wanted to pursue Latin to A-Level but neither my state grammar, nor any local state schools offered it. I was made aware of The Maynard School at an Open Evening but had never really considered it to be an option due to it being a fee-paying school. However, I soon discovered the Maynard Award scheme and applied immediately.

I look back at my time at The Maynard with great fondness now, as it not only enabled

me to succeed academically but it also gave me some of my happiest memories and best friends. My apprehensions about joining an all-girls' school were completely unfounded, as I made friends for life incredibly easily and became much more confident.

One thing I found to be very different from my previous school was the sheer time and effort each teacher put in to ensure that I was well supported and confident in my own abilities which, in turn, gave me the confidence to apply to Cambridge, which may well have seemed impossible before. I certainly wouldn't have been able to study Latin A-Level without the Maynard Award, which is something that I view as having had a significant impact on the strength of my application, as I still study it as part of my degree now.

I feel very lucky to have had this opportunity, and I couldn't recommend supporting the Maynard Award scheme enough, as without access to the educational and personal support that the Maynard can offer, I don't believe I would have been able to study at Cambridge, pursue my interests and have so many doors opened to me.

Obituary

JEAN HALL



I worked with Jean Hall in the English Department of The Maynard under her leadership from the mid 1960's until she retired in 1987. Jean had a distinguished background before she arrived at The Maynard, reading English at Somerville College, Oxford and then a post teaching at Cheltenham Ladies' College. She brought to The Maynard a considerable literary training, high expectations of colleagues and students, and set rigorous standards. She was conscientious, thorough and fair.

She had wide interests outside her subject area, particularly in the fields of Industrial History, Geology & Architecture. When there was a very successful General Studies programme started between the Sixth Forms of Exeter School and

The Maynard in the late 1960's Jean ran a popular course sharing these interests, often on walking tours within the city. Her wide ranging interests informed her teaching & made her a stimulating colleague; she will be remembered with gratitude by many Old Maynardians and by former colleagues.

Veronica Clarke

Hazel Walton

Hazel was born in Hendon, on 21 July 1917. Her parents were Richmond Walton and Emily Walton, nee Dibben. Her father was a civil servant, working for the Admiralty. Later, in the Second World War, he was high up in the Admiralty, working with Churchill (who he didn't like much), and was knighted after the war, being KBE, CB. Hazel was the second child, having an older sister, Ruth. Later came Stella and Martin. They had a good childhood in Kent, at Chiddinghurst. Later they lived at Kettleshill and Hampstead.

Hazel trained as a teacher, and during the War went to teach in Montreal, Canada, where she made some good friends, who she later visited during the school holidays. At various times she taught in London and Malvern, and eventually came to The Maynard School in Exeter, where she stayed until she retired.

While at The Maynard, she stayed in a house in Spicer Road, then moved in 1964 to a new bungalow in Rayners, Kennford, and lived there until she went into Green Tree Court, where she received kind, patient and compassionate care, a few weeks before her hundredth birthday.

Hazel loved birds, and spent a lot of time as a birdwatcher, in the westcountry, up in



Northumberland (where she had infected her sister, Ruth, with bird fever), and on holidays around the world.

She also enjoyed watercolour painting, and joined an Art Society at Chudleigh, where she had some paintings in an exhibition, and sold a few. She was very surprised by this, as she didn't think her work was good enough, although, as an artist, she was the only one who could see the defects in her paintings - everyone else just saw how nice they were!

Hazel was a fiendish Scrabble player, keeping a diary of unusual words with which to outmanoeuvre an opponent, and played regularly with friends in and around Kennford.

Hazel loved her garden, and spent a lot of time working in it. She designed it when she first moved into the bungalow, and it was only in her last years there that she needed help to tend it. She had a tame robin which would come into her kitchen and take food from her hand. She had a stroke in her 90s, and, after returning home, had a lot of help from her neighbours, who enabled her to live there for a few more years.

Rachel McLoughlan (MacGregor)
Class of 2006
17 June 1988 – 18 September 2019



Rachel and her family moved to Exeter in 2004 and she joined The Maynard for the Sixth Form. Her infectious laugh and caring nature meant that she quickly became a much-loved friend to many of us - her enthusiasm and sense of fun brightened up lessons and the Sixth Form common room.

She was a gifted musician, linguist and scientist. She never said no to an adventure, particularly after she passed her driving test!

Rachel was a deep thinker and had a firm faith in Jesus. She had a passion to tell others about the hope and forgiveness she had found in him. This led her to Bible College in Scotland, where she met and married Paul in 2010. They built a life together in Edinburgh, where Rachel trained as a primary school teacher. They had two beautiful daughters and Rachel was a devoted and loving mother.

Since 2015 the family have been involved in 20schemes, a church planting ministry serving some of the poorest estates in Scotland. Rachel and Paul were involved in planting a church in Bingham and had the joy of seeing people come

to trust Jesus and have their lives transformed. Rachel's deep love for people and her deep love for God meant that she made a big impact in the community where she lived.

Rachel suffered with post-natal depression and was courageously battling the impact it had on her mental health. She was open about her struggles and many from her church were walking alongside her and supporting her. Her colleague wrote: 'Rachel would often tell me of the hope she had in Jesus, even in her darkest days.' Sadly on the 18th September 2019, the darkness became unbearable and Rachel took her life. Her family, church family and friends all miss her greatly, but they know that Rachel is now with Jesus where there is 'no more death or mourning or crying or pain...' (Rev 21:4).

A thanksgiving service for her life, filled with hundreds of people grateful for the impact she had made on their lives, was held at Niddrie Community Church, Edinburgh, on 1st October 2019.

NICHOLAS HORTON



Nick joined The Maynard staff in 1981 as assistant in the Music Department, taking charge of the O Level and A Level music teaching. He quickly established himself and his enthusiasm for encouraging all pupils and sharing his love of music wherever possible was evident from the outset. He was invited to become Director of Music when the post became vacant and then led a department which established music as one of the core strengths of The Maynard. There are many achievements which were landmarks in his career in different ways: the choir of students, staff, parents and friends he founded, whose highlight was a wonderful performance of Faure's Requiem in Exeter Cathedral; the theatre group he launched with Rosemary Langley, which organised theatre visits far and wide for the benefit of students, staff and friends; the memorable concert in Exeter Cathedral, which was a key part of the school's 350 years celebration; these and other events earned him gratitude, respect and friendship.

Nick made an immense contribution to the annual Prize Giving ceremonies held in the Great Hall where his skilful conducting and meticulous preparation brought the best out of the orchestra, and led to musical performances that were inspirational and will be remembered by many.

Nick loved teaching, he loved performing, he loved sharing generously his very considerable talents. There are many people among former colleagues, past pupils and their parents who were greatly saddened to hear of his death at the age of 60 and who will remember an exuberant personality and a generous and talented teacher.

Veronica Clarke and Cristine Austin

1969 Leavers

1979 Leavers

Reunions

1989 Leavers



LEGALLY BLONDE

Rave reviews followed the three sell-out performances of this year's whole school production held in the Barnfield Theatre in March.





ALUMNAE & DEVELOPMENT OFFICE INFORMATION

All enquiries should be directed to:

Rachael Board

Tel: + 44 (0)1392 273417 (ext. 181)

Email: rachaelboard@maynard.co.uk

Website: www.maynard.co.uk

The Maynard School
Denmark Road
Exeter, Devon, EX1 1SJ

OFFICE OPENING HOURS

The Office is open between 08:30 and 17:00
Monday to Friday during term time.

- Please remember to inform the office when you change your address and when you update your email address.
- We also enjoy hearing about your careers, family lives and reunions.
- Notices of births, marriages and deaths, advertisements and forthcoming event information should be sent to the Alumnae & Development office.



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t: 01392 273417 w: maynard.co.uk

