



**Week 22 Wetherbuzz**

**Monday 13<sup>th</sup> March – Sunday 19<sup>th</sup> March 2017**

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|--|---|
| <p style="text-align: center;"><b>Monday 13<sup>th</sup> March</b></p> <ul style="list-style-type: none"> <li>• <b>Year 6 French Residential to Normandy departs – 6am</b></li> <li>• British Science Week</li> <li>• Staff Meeting – 8am</li> <li>• Games for <b>Years 3 and 4</b> – 9-11:30am</li> <li>• Games for <b>Year 5</b> – 1:30-4pm</li> <li>• LAMDA Lower School Recital – 6:15-7pm</li> <li>• Information Evening for Rome/Florence Trip in 5B– 6pm</li> </ul>   | <p style="text-align: center;"><b>Monday Clubs</b></p> <ul style="list-style-type: none"> <li>• Lower Debating – 4-5pm</li> <li>• Upper Debating – 4-5pm</li> <li>• Tour Choir – 4-5pm</li> <li>• History Club – 4-5pm</li> <li>• Indoor Rock Climbing – 4-5pm</li> <li>• Indoor Sports – 4-5pm</li> <li>• Creative Writing (Years 3&amp;4) – 4-5pm</li> <li>• Creative Writing (Years 5&amp;6) – 5-6pm</li> <li>• Elite Fencing – 4-6pm</li> </ul>                           |
| <p style="text-align: center;"><b>Tuesday 14<sup>th</sup> March</b></p> <ul style="list-style-type: none"> <li>• <b>Occasional Place Assessment Day – 9-12:30pm</b></li> <li>• Tour Choir only – 8-9am</li> <li>• Games for <b>Year 7 and 8</b> – 9-11am</li> <li>• Swimming for <b>Year 5</b> – 9-11am</li> <li>• Games for <b>Years 3 and 4</b> – 1:30-4pm</li> <li>• U9 B-E vs Fulham Prep (A) – 2:15pm</li> <li>• U9 A Ravenscourt Park Rugby Tournament (A) – 1pm</li> <li>• U8 A-C vs Notting Hill Prep (H) – 2:30pm</li> </ul>  | <p style="text-align: center;"><b>Tuesday Clubs</b></p> <ul style="list-style-type: none"> <li>• Running – 7:45-8:20am</li> <li>• Fitness – 8-9am</li> <li>• Fencing (Years 3&amp;4) – 4-5pm</li> <li>• Table Tennis – 5-6pm</li> <li>• Chess – 4-5pm</li> <li>• Latin Level 3 Preparation – 4-5pm</li> <li>• Dolphins Development Squad – 4:15-5pm</li> <li>• Musicianship and Theory – 4-5pm (Chelsea Quavers)</li> </ul>   |
| <p style="text-align: center;"><b>Wednesday 15<sup>th</sup> March</b></p> <ul style="list-style-type: none"> <li>• PTA Uniform Sale – 8:30am</li> <li>• Year 7 Rowing at Putney – 8am</li> <li>• Physical Education for Year 7 – 9-10:30am</li> <li>• Swimming for <b>Year 3</b> – 9-11am</li> <li>• Swimming for <b>Year 4</b> – 10-12pm</li> <li>• Games for <b>Year 7 and 8</b> – 1:30-4pm</li> <li>• 1<sup>st</sup> XIII vs Fulham Prep (H) – 2:30pm</li> <li>• U12 A vs Fulham Prep (H) – 2:30pm</li> <li>• 2<sup>nd</sup> XIII vs Northcote Lodge (A) – 2:45pm</li> <li>• U12 B vs Northcote Lodge (A) – 2:45pm</li> </ul> | <p style="text-align: center;"><b>Wednesday Clubs</b></p> <ul style="list-style-type: none"> <li>• Elite Chess – 8-9am</li> <li>• Classical Greek Civilisation – 4-5pm</li> <li>• Cardboard Engineering – 4-5pm</li> <li>• Lower Code Club – 4-5pm</li> <li>• Development Fencing – 4-6pm</li> <li>• Travel and Culture – 4-5pm</li> <li>• Maths Games/Puzzles – 4-5pm</li> <li>• Lower Swim Squad Year 5 – 4:10-5pm</li> <li>• Lower Swim Squad Year 4 – 5-5:45pm</li> </ul> |
| <p style="text-align: center;"><b>Thursday 16<sup>th</sup> March</b></p> <ul style="list-style-type: none"> <li>• British Science Week – Science Dome – all day</li> <li>• Year 8 Rowing at Putney – 8am</li> <li>• Physical Education for <b>Year 8</b> – 9-10:30am</li> <li>• Games for <b>Year 5</b> – 1:30-4pm</li> <li>• U10 A-E vs Fulham Prep School (A) – 2:30pm</li> <li>• U10 F vs Thomas' Kensington (A) – 2:30pm</li> <li>• Wetherby Voices – 4-5pm</li> <li>• Management Meeting – 4:30pm</li> </ul>  | <p style="text-align: center;"><b>Thursday Clubs</b></p> <ul style="list-style-type: none"> <li>• School Play – 4-5pm (see rehearsal schedule)</li> <li>• Upper Code Club – 4-5pm</li> <li>• Maths Revision for Year 8 – 4-5pm</li> <li>• Upper Swim Squad – 4:30-5:30pm</li> <li>• Fencing (Year 5) – 5-6pm</li> </ul>   |
| <p style="text-align: center;"><b>Friday 17<sup>th</sup> March</b></p> <ul style="list-style-type: none"> <li>• Staff Meeting – 8am</li> <li>• Whole School Assembly at Church of the Annunciation – 8:30am</li> <li>• IAPS Ski Championships Trip returns – pm</li> <li>• <b>Year 6 French Residential to Normandy returns – 4pm</b></li> </ul>   | <p style="text-align: center;"><b>Friday Clubs</b></p> <ul style="list-style-type: none"> <li>• Whole School Clubs – 2:30-4pm</li> <li>• No Homework Club – school closes at 4:30pm</li> </ul>  |
| <p style="text-align: center;"><b>Saturday 18<sup>th</sup> March</b></p> <ul style="list-style-type: none"> <li>• School Play Rehearsal at Rudolph Steiner House Theatre – 1-4pm</li> </ul>  |   |
| <p style="text-align: center;"><b>Sunday 19<sup>th</sup> March</b></p> <ul style="list-style-type: none"> <li>• 1<sup>st</sup> XI Cricket Training at the Oval (invite only) – 6-8pm</li> <li>• U10 and U13 Nationals at Epsom College</li> </ul>  |   |

Dear Parents,

Now, there are quizzes and there are quizzes but that was in a league of its own...

Thank you to everyone who came last night and to all the boys who contributed with the 'tour' or the various video and audio files. That was such a fun evening and great to have so many members of our community involved. Since 2009, my days in the lead up to the Wetherby Prep Quiz have been spent with my door closed to visitors and, just occasionally, popping out of the room to grab a boy to record something. Helen Hodgson would be rushing around finalising PowerPoints and printing off answer sheets then, half an hour before the actual Quiz, I'd be asking Yolanda Noval to pop out to buy new batteries for the microphone and haranguing Dean Bayes as to why the projector in the Hall wouldn't switch on. He'd then come along and turn it on at the mains with a wry smile. But not this year...

The main thanks for last night have to go to the 'Ant' to my 'Dec', Mr Chris Thorne. The "best quiz ever" was also, as far as I was concerned, the "least stressful quiz ever". The creativity that Mr Thorne put into that evening was the same as that which he puts daily into his lessons and commitment to the teaching of English to a wider audience. I showed his website to my mum over Half Term and she remarked, somewhat pessimistically, "You'll lose him to CBeebies at some point." Not sure that is quite Chris's ambition but I do know he is firmly #teamwetherby and loves working here as much as we love having him amongst our number.

From one creative member of staff at the Prep School to another individual at the Senior School. Frau Kate Eaves (who heralds from the same school, Rossall, as Stephen Blundell) has put together what is going to be a fantastic 'Come Dine With Us' event for Senior School parents and staff this coming Thursday. Lots of fun to be had at this occasion and, with a definite sense of Frau Eaves' character running through the event, I can't wait...

Have a good weekend...



Nick Baker

**Congratulations to Arthur G of 8I for winning the West Scholarship to Wellington College!**

This morning the news came in from Wellington College that Arthur G had won the 4th Academic Scholarship award. When Mr Baker announced it in our morning staff meeting, a collective cheer rang out with a sense of joy and pride! All around me I saw colleagues smiling and utterly delighted that a boy who we all love and respect had been recognised, and fulfilled his true potential. We all admire Arthur and this felt like the culmination of a lot of hard work.

I have only known Arthur for two years, but very rarely have I come across such a delightful, kind and thoughtful young man. Wellington College probably cannot believe their luck, and I feel that he will continue to flourish in the future and be a great ambassador for our school. Perhaps unsurprisingly, this has offered a terrific boost to my Scholars in 8I and I am truly grateful that Arthur has played his part in giving hope and encouragement to all. He is never one to brag, indeed he is a very humble character, but the sheer academic levels required to win these awards are eye watering and I have nothing but utter respect for Arthur. I've always impressed upon my boys that this year is about teamwork and bouncing ideas off each other, but equally, it is about leading the school from the front and setting good role models to the younger boys. I cannot think of a better role model than Arthur! Teaching him is a privilege.....



Iain Goodman, Head of Geography and Scholarship form tutor.

Congratulations Arthur from all the scholars in 8I...

Great Congratulations to Arthur on Winning an Academic Scholarship to Wellington College!

Work Arthur G. J.F. Stunning effort G.D. Well done Arthur!!!!!!! 8i Boys. Well done Arthur Fantastic Job Arthur!! Well done You deserved it 100% Miles. Nicely Done! Fantastic work. Well done Arthur! Nice Job You deserve it so so so much Arthur! Well done Arthur! T.F. 10th March 2017

### Citizen of the Week

This week's Citizen of the Week is Elyas E in 4M. Elyas is always willing to be supportive of others in practical ways, anticipating when a helping hand would be welcome and expecting nothing in return. This is an impressively mature outlook for a boy in Year 4. Well done, Elyas!



### Sportsman of the Week

This week's Sportsman of the Week is Cash C in 6T. In many ways, Cash epitomised the fantastic spirit of last week's rugby tour. His play was athletic, committed and driven. Even when the weather made the going tougher, Cash maintained his resilience. Well done, Cash!



## From the Senior Mistress

Miss Olney writes...

### School Council

It was another great week for the boys at School Council and it's always so exciting to see so many of their suggestions and initiatives taken up by the staff. This week some of the latest thoughts included:

- **Weekly meetings** – At the beginning of the meeting, I asked School Council how often they would like to meet. Initially, School Council were divided and after listening to the arguments from both sides, they voted to have meetings every week.
- **Zac Roda Collaboration with Chef Peter** – Chef Peter has put stick toffee pudding on the menu for next term (Week 4) and he has also added 'Rocky Roda' (rocky road). Zac will help cook these desserts with Chef Peter and send over the recipes to myself and Chef.
- **Puddings** – A few Year 8s brought up that there weren't enough desserts left for the Year 8s for their lunchtime slot (as they often have lunch at 2pm). The boys would like to ask lunchtime duty staff to check on the number of puddings each boy is taking and Miss Olney will raise this with the duty staff.
- **Honey** – Luca mentioned that he really likes having honey with his yogurt and wondered if this could be brought back at lunchtime. Watch this space...
- **Butterflies for Year 3** – Nader was keen to get some butterflies in for Year 3 Science as he feels this is a good experience for the boys learning about life cycles. I have raised this with both Mr Tilleray and Miss Phoenix to see how possible this would be.
- **Year 7 Trips** – Ben was very keen to have more trips for Year 7 as he doesn't feel they have been on enough this year. I have raised this with the staff so hopefully we can get an exciting trip planned for the boys.
- **Homework diaries** – Only 4 boys came with their 5 suggestions for the homework diaries so I have asked every School Council rep to speak with their forms and come back next week with the ideas. Miss Clifford will be attending the meeting next week so hopefully all the boys will be ready with their suggestions!

Next meeting is scheduled for Monday 13<sup>th</sup> March 2017\* at 8:30am in the Dining Room

*\*no meeting on the Tuesday due to Occasional Place Assessment Day*



## Being Safe Online

This week's PSHEE focus has been on 'Being Safe Online' and using the internet in an appropriate and safe way. As we spend more and more of our lives online, it's so important the boys understand how to protect themselves and the risks involved with the internet. There are so many brilliant resources on the internet that help children nowadays deal with some of the issues of the internet and it is vital that we educate them on how to be safe online.

There are some excellent websites that parents can look at for tips on how to support your boys and useful ways to keep them safe. <http://www.childnet.com/parents-and-carers> is one such website that has helpful advice and I have also attached this to the Wetherbuzz.

Finally, Mr Thorne has been so helpful and feels strongly about educating the boys in how to use the internet safely. Today, he spoke with Years 3-5 about 'Being Safe Online' and addressed issues such as online gaming, unkind comments, privacy settings etc. to raise awareness of these problems with the boys. Next term, he will be speaking with Year 6 to cover some of these topics in more detail. Finally, Years 7&8 will have a talk from Andy Phippen on Thursday 11<sup>th</sup> May who I was fortunate enough to hear speak at a conference. He is a Professor of Social Responsibility in IT and speaks to young people about internet safety. For more information, please feel free to look at <http://www.speakers4schools.org/speakers/professor-andy-hippen/>.

## Year 4 Viking Longship Day

On Monday, the Year 4s were treated to a 'Viking Longship Day' as they will be learning about the Vikings at the end of this term. As such, Viking Erik paid them a visit with a huge array of artefacts for the boys to handle and ask questions about. The boys were immersed in the past and they had great fun finding out more about how the Vikings lived and why they invaded Britain.

I asked the boys to write a small piece for the Wetherbuzz, reflecting on their own experiences of the day:

*'On Monday, Year 4 met Erik Erikson, the Viking lord. He showed us swords, helmets, chain armour and spears. He told us about all the punishments and how things worked back then. We looked at ornaments and skins, including old oil lamps. Year 4 hugely enjoyed Erik and his trusty teaching!'* (Edward Hudson, 4B)

*'I liked Viking day because we learnt about Vikings. We also saw Viking artefacts and we got to feel real weapons like swords and spears; this was the highlight of my day. We also learnt about punishments and how the Vikings would try to be as fair as possible. We wore Viking shoes and learnt about the way they lived. What a great day!'* (Aditya Dubey, 4B)

*'This Monday we learned about the Vikings since it was Viking Longship Day. We wore heavy chainmail and sturdy helmets. We held shields and touched swords. We also learned about the Viking God, Odin and the religion of the Vikings.'* (Kerem Berk, 4B)



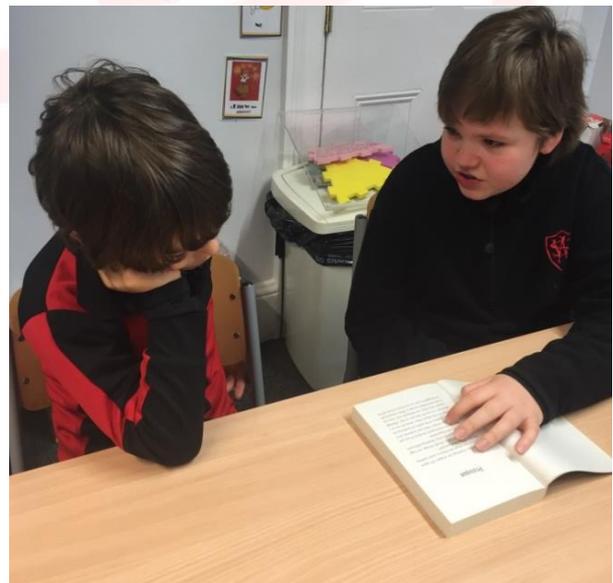


### From the English Department

Mrs Trevitt writes...

#### Year 7 Reading Buddies

A huge thank you from me to our fantastic Year 7 Reading Buddies this term! They have read each week with some of our younger boys and guided them through the likes of metaphors, similes and other inferential analyses. They have shown dedication and commitment and are wonderful ambassadors for reading and Wetherby Prep – what role model citizens!



#### The Year 8 and Year 4 Story sharing session

Mr Hewitt writes...

It has been an absolute pleasure reading boys' remarkably well-presented and beautifully expressed stories, written in response to tales from other cultures, studied as part of Book Week. The fable is a complex form of writing for young writers to tackle as it all hinges upon expressing a complex moral theme within, what appears to be, a fairly straight-forward story-line. Nevertheless, Upper School boys responded with gusto, so much so that Miss Olney generously invited Year 8 boys to share their stories with her Year 4 History class. Perhaps these photos give some sense of the pleasures of the experience for all concerned.

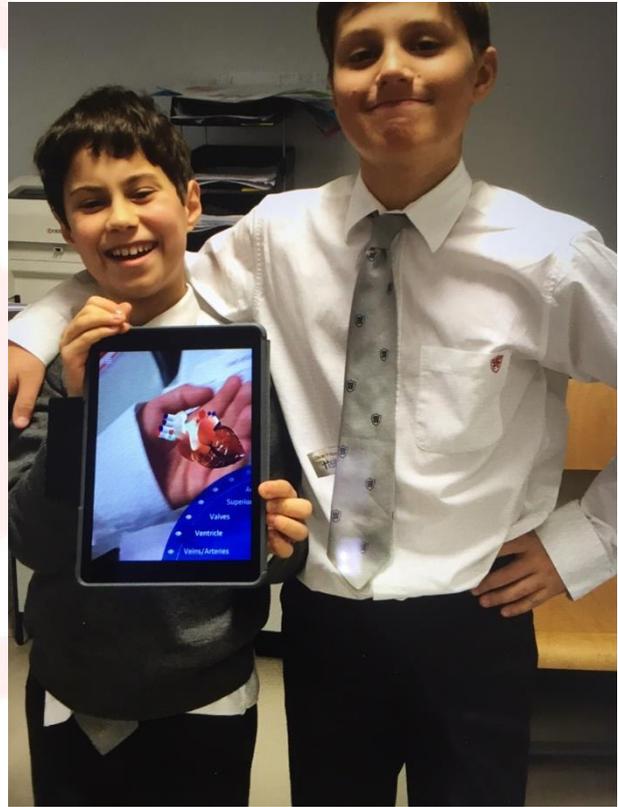


## From the Science Department

Miss Sharp writes...

### New iPads

This week the Year 7s have used the new iPads to interact with the human heart in 4D. Using a brilliant app called Anatomy 4D, they boys were able to bring a heart to life and play around with the different components. The boys were able to enter the heart and follow the journey of the blood as well as holding the heart in their hands.



Mr Tilleray writes...

### British Science Week 2017

Next week we are looking forward to celebrating British Science Week. The boys will participate in lots of Space-themed activities within lessons. The Lower School can look forward to visiting a virtual planetarium, whilst the Upper School will be video conferencing the National Space Centre. I will also be running a drop-in Mars exploration project in the Science Prep Room. There will be competitions for all boys to take part in, with Space-themed prizes.

Attached to the Buzz, please find a full list of events across London over the next ten days. We hope all boys will enjoy celebrating British Science Week 2017!



## From the Music Department

Mr Brawn and Mr Rodwell write...

### Spring Recital

Head Chorister Jago Cahill-Patten writes:

'What struck me was the really nice atmosphere at the event – the hall was so packed! It felt like everyone was really supportive and enjoying watching and listening to the performers. It was cool to hear pieces like Pie Jesu [sung by Thomas Dunn, 4M] and The Long and Winding Road [sung by Ashaan Jayaraj, 6T]. I enjoyed the fact there was so many different genres and the wide variety of pieces that everyone performed. This was definitely my favourite recital yet!'



## Tour

You may have noticed on the school's Facebook and Instagram accounts this week, a photo of one of the venues that the Tour Choir will be performing at (see left if you missed it!). This particular venue is St. Martin's Cathedral (Sint-Maartenskathedraal) in Ypres and we are delighted to announce our three performances over the tour weekend are as follows:

**Saturday 25th March, 3pm** - St. Martin's Cathedral, Ypres

**Saturday 25th March, 8pm** - Last Post Ceremony at the Menin Gate, Ypres

**Sunday 26th March, 2:30pm** - Basilica of the Holy Blood, Bruges

Some of you have already mentioned that you'll be coming along to support the boys, which is fantastic. We look forward to seeing you there!

## Parent Rep

With the aforementioned Choir Tour just around the corner, we feel this is good time to mention how delighted we've been with the development of the Music Department at Wetherby. The choirs are continuing to grow; we now have our own Music Department logo, we are being invited to more and more events outside of school and the concerts in house are as fantastic as ever - the recent Spring Recital was evidence of this as it must have been our most well attended concert yet!

With that in mind, and with further exciting projects on the horizon for this year and next, we are looking for a Parent Rep for our choirs. One of the main tasks would be organising the much discussed Parent/Staff Choir but we are hopeful that they would be able to help out in other areas too. This is something which has been deliberated on over the years (and we are always grateful for your offers of support) but we feel now is the right time to formalise what you've all been waiting for. Without sounding contradictory, please just drop us an informal email for now and we can then collate any proposals and ideas and get in contact with you individually over the coming weeks. As always, you can reach us at [nathaniel.brawn@wetherbyprep.co.uk](mailto:nathaniel.brawn@wetherbyprep.co.uk) & [zacc.rodwell@wetherbyprep.co.uk](mailto:zacc.rodwell@wetherbyprep.co.uk).



## From the Drama Department

Mrs King writes...

### Ticket Reservations for Peter Pan

The School Play is less than two weeks away! The curtains open on 'Peter Pan' on Thursday 23rd March. The evening performance will take place at 7pm at Rudolf Steiner House, Park Road. All families are welcome to attend. Please email me at [selina.king@wetherbyprep.co.uk](mailto:selina.king@wetherbyprep.co.uk) to reserve your tickets.

### Programme Design Competition

Please find attached to this week's Wetherbuzz the entry form for the Peter Pan programme. We have had some amazing entries in previous years and I can't wait to see your creative designs for this production. All entries need to be handed in by the 15th March. Good luck!



## From the Art Department

Miss Clifford writes...

Over the past few weeks the Year 5 boys have been working on a project inspired by Mehndi patterns. These interesting and intriguing patterns allowed the boys lots of scope to develop their ideas. All boys made their own stencils which were then used to create a colour composition. Once the layers were dry, they added Mehndi inspired patterns in and around their layered, colourful designs. Here are some of the results...



**Benjamin Govindan, 5K**



**Edward Jephcott, 5T**



**Gregory Granovski, 5K**



**Lucas Simich, 5T**



## From Year 3

Miss Phoenix writes...

In Religious Studies, Year 3 are beginning to learn all about the Easter Story. This week we learnt all about Palm Sunday and The Last Supper, we even had our very own Last Supper.





### **From the PTA – Second-hand Uniform Sale**

The Second-hand Uniform Sale will be held in the Reception Hall on Wednesday 15th March from 8.30am. Any donations in good conditions will be gratefully received and can be left at the reception desk.

### **From the Games Department**

#### **A Special Guest visits WPS Rugby U10s**

It was a delight to welcome back Tom Whiteley to Wetherby Sports Ground this week. A former Wetherby Prep pupil, Tom plays for Saracens rugby club. He oversaw a U10 training session that included a question and answer session. The boys were thrilled to see him!





### Cross Country

Our boys can feel very proud of their efforts once again this week in another large cross country meeting in Esher, Surrey. From an impressive field of 120 runners, the Wetherby boys finished joint 3rd from 20 teams in the school event. Individually, they were equally impressive. The results are as follows:

Alexander W - 12th  
 Alec H - 27th  
 Sebastian L - 31st  
 Lars F - 33rd  
 Yermek A - 53rd



Mr Bayes writes....

### Swimming News

The Wetherby Prep Swimming Squad travelled to Bute House last Friday to participate in the London League Group Finals. The competition was the who's who of powerhouse London swimming schools with Wetherby, as the only all boys school, up against Glendower, Latymer, City Girls, Bute and Pembridge Hall. Nicholas Finch kicked off the gala with an emphatic victory in the individual medley, beating his nearest rival by four lengths. The individual stroke races then commenced with some valuable performances from our squad, especially in Year 6. This was followed by the medley relays and the front crawl relays in which Wetherby held their own. The whole squad swam their hearts out and showed excellent spirit and comradery throughout the gala. This is the first time the squad has made it through to the finals and we finished a reputable 4<sup>th</sup>, a brilliant effort, despite being in the minority without our own school pool. Well done, to all swimmers. I look forward to announcing the boys who will be representing the school at the IAPS Swimming National Finals on the 6<sup>th</sup> May 2017 in the near future.

### Results of London league Group Finals

|     |                      |            |
|-----|----------------------|------------|
| 1st | Bute House           | 472 points |
| 2nd | Glendower            | 392 points |
| 3rd | Latymer Prep         | 334 points |
| 4th | Wetherby Prep        | 224 points |
| 5th | Pembridge Girls      | 214 points |
| 6th | City of London Girls | 184 points |

## Rugby News

The Year 6 Dublin Rugby Tour always reinforces the important role sport has in a boy's personal development. It helps them to manage their emotions, learn difficult lessons, accept defeat graciously and bask in the glory of winning. This year was no exception and the our boys went into battle at Blackrock and came out the other side more capable, confident and mature rugby players and young men richer for the experience.

What unfolded in Blackrock was a tournament of evolutionary rugby. The boys, in true Wetherby form, built upon every game, applied the lessons from previous games to the next and transformed into a brilliant, confident and enthusiastic side. They won 3 games, drew 2 and lost 1. The parents experienced every point score every bruising tackle every runaway try and all the splendid victories like they themselves were playing on the pitch with their son. The boys played some brilliant gutsy rugby, were gracious in defeat and magnanimous in victory.

Prize giving was held back at the hotel and was a celebration of the boy's achievements. Then, it was the parents turn to celebrate at the team dinner, with many a story told with Guinness pint in hand.

Thank you boys and parents for making the Dublin trip a most memorable and enjoyable tour.

It just leaves me to say how much I look forward to the current Year 5s stepping up to the mark and making 2018 the year we go undefeated.



### Tournament results

|                |   |                    |             |
|----------------|---|--------------------|-------------|
| Wetherby Colts | v | North K v Wetherby | Lost 15 - 0 |
| Wetherby Colts |   | Willow Park Lions  | Draw 0 - 0  |
| Wetherby Colts |   | St Conleith's      | Won 25 - 0  |
| Wetherby Colts |   | Willow Park Gold   | Won 10 - 5  |
| Wetherby Colts |   | Cork               | Drew 5 - 5  |
| Wetherby Colts |   | Shannon            | Won 5 - 0   |

### Try Scorers

|                       |   |
|-----------------------|---|
| Nicolas Sesson- Farre | 9 |
| Aidan Dausch          | 2 |
| Charles Mennie        | 1 |
| Cameron Childs        | 1 |
| Teo Mian              | 1 |

## Tournament History

2013 Won 1 Lost 5  
2014 Won 1 Drew 1 Lost 4  
2015 Won 3 Drew 2 Lost 1  
2016 Won 5 Lost 1  
2017 Won 3 Drew 2 Lost 1

## Team Awards:

Teo Mian  
Mauri Noe  
Cody Juma  
Charles Mennie  
Nicolas Sesson-Farre  
Cash Cooper  
Nicholas Finch  
Aidan Dausch  
Oscar Sutherland  
Nicholas Dyer  
Cameron Childs  
Samuel Caraffa

**Bulldozer award sponsored by Caterpillar**  
**Scrummaging award**  
**David and Goliath award**  
**Supporters Try of the Tournament award**  
**Player of the Tournament award**  
**Captains' Leadership award**  
**Ironman award**  
**Danny Cipriani Convert award**  
**Little General award for Great leadership**  
**Braveheart (Mel Gibson) award**  
**Most Improved Player**  
**Wheels award for great chasing**



## From the Performance Corner – Brain Food

Bacteria and other microorganisms that make up the body's healthy gut flora outnumber the body's cells ten to one. These organisms play a vital role in our health, both physically and mentally. The gut actually sends more information to the brain than the brain sends to the gut (intestines). Eighty percent of the immune system is located in the gut. The greatest concentration of serotonin, for example, a chemical involved in mood, is located here.

Research has shown for e.g. the probiotic (healthy bacteria) lactobacillus rhamnosus, has an effect on GABA levels in the brain - a chemical involved in mood and lowering stress hormones. An overgrowth of bad bacteria in the gut may play an important role in the development of asthma, allergies, obesity, diabetes and other conditions. It is essential to eat/supplement in a manner that keeps the balance between friendly and unfriendly bacteria suitably balanced in favour of healthy bacteria.

We have two nervous systems which are;

- Central nervous system - brain and spinal cord
- Enteric nervous system - intrinsic nervous system, comprising the gastrointestinal tract

Both systems are created equally during foetal development. These two systems are connected via the vagus nerve, a cranial nerve that runs from the brain stem to the gut. Information is transmitted to the brain from the gut via the vagus nerve. Eating 'intelligent food' is therefore vital.

A good balance of healthy gut flora (probiotics) influences the following;

Immunity - friendly bacteria creates a healthy intestinal environment for optimum digestion

Genes - probiotics influence our genes and consequently our health

Obesity - gut bacteria differs between lean and obese people i.e. Good bacteria supports metabolism, fat burning and much more. Consuming lots of sugar and refined grains destroys healthy gut flora and encourages the growth of unhealthy bacteria.

To promote a healthy gut eat traditionally fermented, unpasteurized foods when possible. Healthy choices include;

Sauerkraut - fermented vegetables

Lassi - an Indian yoghurt drink

Kefir - fermented milk

Natto - traditional Japanese food made from fermented soybeans

Kombucha – fermented green/black tea consumed cold

You could also consider a quality probiotic supplement if you don't eat fermented foods on a regular basis. Healthy probiotics should be capable of surviving stomach acid, reaching the intestines and populating the intestinal interior with bacteria that will support immune function, good digestion and much more.

## Week 21 Fixtures

Last Thursday the Under 10s took on the Hall. All boys played a good attacking style of rugby against a strong opposition. A special mention goes to the Cs who won 50-25.

### MoM

As-Jonny Cullinane

Bs-Kameron Khlal

Cs-Zac Shuaib

Ds-Ollie White

On Friday the Wetherby swim squad were in action in the London Swim League Finals at Bute House. All boys swam well and it was a good effort to finish 4th against some very strong swimming schools.

### Swimmer of the Day

Rory McConnon

On Saturday the Under 11A's were on Tour in Dublin playing in the famous rugby tournament hosted by Willow Park. The competition was tough but the boys really raised their games and it was fantastic to win 3 games. A big thank you to the 4 staff that made the trip.

### Man of the Tournament

Nicolas Sesson-Farre

Monday saw the Under 11As and Bs playing in a triangular vs. St Anthony's and Arnold House. All boys played some positive combative rugby. A special mention to the Bs who won 55-0 against St Anthony's and also by the same score line against Arnold House.

**MoM**

As -Nicolas Sesson-Farre  
Bs-Charles Mennie

The Wetherby Under 11C and D also took on each other in a competitive fixture at WSG. It was a fanatically intense game and a real pleasure to watch. The standard was very high from both sides.

**MoM**

Douglas Moody- Stewart

On Tuesday all of the Under 8s and Under 9s were away at Caldicott. It was a fantastic day out against one of the strongest rugby prep schools in the country and some brilliant rugby was played by all. A special mention goes to the Under 8Cs who drew their second match in a thrilling game.

**MoM**

U8As Match 1 - Bennet Higgins  
U8As Match 2 - Jacob Cairncross  
U8Bs Match 1 - Dexter Beale  
U8Bs Match 2 - Casper Maclean  
U8Cs Match 1 - Aaron Mukherjee-Sharma  
U8Cs Match 2 - Aaron Mukherjee-Sharma  
U9As - Fergus Farrell  
U9Bs - William Gorton  
U9Cs - Aditya Dubey  
U9Ds - Freddie Edis  
U9Es - John Cartwright  
U9Fs - Thomas Dunn

Wednesday saw the 1st XIII, 2nd XIII and Under 12A and B take on Rokeby away. The boys played some great rugby and ran in several well-constructed tries. It was good to record 3 out of 4 wins.

**MoM**

1stXIII - Rupert Cullinane  
2ndXIII - Faisal Ben-Halim  
U12As - Maxime Chailley  
U12Bs - Max Adams

**Top Try Scorers (as of Wednesday)**

|                   |    |
|-------------------|----|
| William Hoskins   | 19 |
| Chinonso Ogbunude | 16 |
| Harry Coombs      | 16 |

**From the Maths Department – Weekly Challenges**

House point for each. Congratulations to the below pupils. Please make sure that all answer sheets include workings out, full names and forms please.

| <b>Lower Maths Challenge Bright Sparks:</b> |                  | <b>Upper Maths Challenge Brain Boxes:</b> |              |
|---|------------------|---|--------------|
| Taymour Auchy                               | Nadhmi Auchy     | Sebastian Jones                           | Edmund Jones |
| Laith Auchy                                 | Vincent Giancola | Theodore Bischoff                         | Ethan Chan   |
| Ludo Remers                                 | Kyu Dionisio     | Benjamin Shailer                          |              |
| Zain Amjad                                  | Tristan Anderson |   |              |
| Chinonso Ogbunude                           | Lucas Wiedebach  |   |              |
| Suleman Abbas                               | Lucas Nahal      |   |              |

## Lower School Maths Challenge

VINCENT GIACOMOLA 10M

**Missing digits**

81. Replace the ?s in each of these multiplication sums. No digit is repeated within each sum.

|  |   |   |
|--|---|---|
| $\begin{array}{r} ?4? \\ \times 6 \\ \hline ??0 \end{array}$ | $\begin{array}{r} 8?? \\ \times 7 \\ \hline ?6?4 \end{array}$ | $\begin{array}{r} 3?? \\ \times 8 \\ \hline ?760 \end{array}$ |
|--|---|---|

$$\begin{array}{r} 1145 \\ \times 6 \\ \hline 870 \end{array}$$

$$\begin{array}{r} 345 \\ \times 8 \\ \hline 2760 \end{array}$$

$$\begin{array}{r} 802 \\ \times 7 \\ \hline 5614 \end{array}$$

## Upper School Maths Challenge

**Two digit triples**

5, 7, 2, 1, 3, 4

60. Which group of three consecutive two-digit numbers has the following properties?

- The sum of all the six digits in the three numbers is 27.
- The sequence begins with a prime number but does not end with one.

Theodore Bischoff 6B

## Out of School Achievements and Photos

### Claudius W bowls everyone over at Blokfest

Over the past three years Claudius has won the largest UK bouldering competition Blokfest – he has won all 15 competitions in a row. It is an incredibly disciplined competition and over the past few months he has competed at five UK venues, in over 125 climbs. As each climb can be attempted multiple times it is not unusual to do over 500 climbs to reach your score. This year recovering from a dislocated thumb and faced with a much older age group he came second. Considering he had a strapped up, black and blue thumb which he pulled into a 90degrees angle hurtling down a snowfield on a cross between a scooter and a skateboard this is quite an achievement! He also came an admirable, (given his thumb injury!) 6th in the 16 years old category when he is aged 12.



### Edward S (4K) wins a Gold Medal in Taekwondo!

Edward took part in a Taekwondo competition at the weekend, and won the gold medal in his category in sparring, and a silver in special techniques. A couple of photos below. Well done, to a very proud Edward!



## Wetherby Boys Representing London, and Fencing Success!

Last Saturday four Wetherby boys (Yermek A, Marco C, Rupert and Jonny C) travelled to the Sports Dock in the Docklands to fight for a place on the London Fencing team and represent the London Region in the upcoming British Youth Fencing Championships later this year. With only five qualifying places for each age group and the best fencers in region competing, the competition was fierce. It was a very long day but all the boys fenced amazingly well and displayed outstanding sportsmanship. They all have much to be proud of. Jonny competed in the older category, the U12s and came 12th, Yermek came a very respectable 9th, Marco narrowly missed a qualifying place coming an impressive 7<sup>th</sup> and Rupert managed to qualify to represent London. Well done, boys!



### My Wetherby – Miss Baillieu

**Which House are you in?**

Westbourne

**What is your favourite club?**

Creative Writing

**What is your favourite subject?**

Maths (not really, of course it's English!)

**Kit-Kat or Chomp?**

Percy Pigs

**If you weren't a teacher, what would be your chosen profession?**

Professional tennis player

**Favourite sport at Wetherby**

I love watching the rugby

**What would you do if had super powers for the day?**

Be in two places at once – my other half would water ski to New Zealand!

**If you went to Pizza Express with a famous person (dead or alive) who would you want it to be?**

Rafa Nadal, and the actor Jeremy Renner.

**Tell me a funny story from your time at Wetherby.**

Miss Williamson and I sang 'It must be Gold' to a transfixed 4B every morning for weeks on end...

**If you could plan a school trip, where would you go?**

A tour of South America following in the footsteps of famous authors, Gabriel Garcia Marquez and Isabel Allende.

**Favourite book.**

Oscar Wilde, A Picture of Dorian Grey



**If you were an animal what would you be?**

A 'Leppy-chick' a leopard striped chick

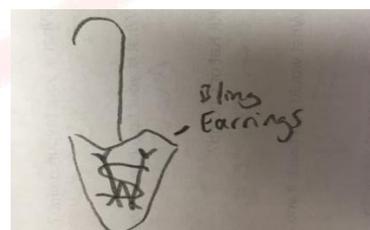
**If you were a cereal what would you be?**

Lucky Charms

**Fish & Chips Fridays or Sausage & Mash Mondays?**

Sushi Saturdays

**You have one minute to draw a Wetherby branded item.**



*Wetherby bling earrings*

**Thanks, Miss Baillieu!**

## Highest Housepoint Earners by Form Class

| Lower School |                  | Upper School |                     |
|--------------|------------------|--------------|---------------------|
| 3P           | Dexter Beale     | 6B           | Frankie George      |
| 4B           | Gabriel Wells    | 6J           | Louis Jaume         |
|              | Gianluca Milner  | 6T           | Henry Wuytack       |
| 4K           | John Cartwright  | 7M           | Arthur Koomen       |
| 4M           | Monty Sutherland | 7T           | Edmund Jones        |
| 5B           | Nadhmi Auchi     | 7V           | Daniel Bjorgolfsson |
| 5K           | Jack Dupuy       |              | James Bate          |
| 5T           | Harry Minderides | 8B           | Bruno Van't Sant    |
|              |                  | 8F           | Pietro Antonaci     |
|              |                  | 8G           | Blake Merriman      |
|              |                  | 8I           | Zain Ahmed          |

### Highest Housepoint Earner for the Week

Frankie George – 43

### Weekly Housepoint Totals

| First Place   | Second Place    | Third Place       | Fourth Place     |
|---------------|-----------------|-------------------|------------------|
| Dawson<br>790 | Chepstow<br>745 | Westbourne<br>587 | Pembridge<br>561 |

### Yearly Housepoint Totals

| First Place                           | Second Place                            | Third Place                            | Fourth Place                             |
|---------------------------------------|---|--|--|
| Dawson<br>Captain M. Gwynne<br>10,618 | Westbourne<br>Captain J. Ward<br>10,347 | Chepstow<br>Captain A. Grigg<br>10,166 | Pembridge<br>Captain D. Shirazi<br>9,825 |

### Form Class Winners

| First Place    | Second Place   | Third Place    |
|----------------|----------------|----------------|
| Form 6J<br>296 | Form 4B<br>266 | Form 4M<br>251 |

| Week | Form Class | Form Tutor    |
|------|------------|---------------|
| 1    | 4B         | Miss Baillieu |
| 2    | 6J         | Miss Balgobin |
| 3    | 7T         | Mr Metherell  |

|    |    |               |
|----|----|---------------|
| 4  | 6B | Mrs Bassett   |
| 5  | 8I | Mr Goodman    |
| 6  | 6T | Miss Taylor   |
| 7  | 5T | Mr Thorne     |
| 8  | 6J | Miss Balgobin |
| 9  | 4B | Miss Baillieu |
| 10 | 8F | Mr Froggatt   |
| 11 | 5K | Miss Kroiter  |
| 12 | 3P | Miss Phoenix  |
| 14 | 4M | Miss Martin   |
| 15 | 4B | Miss Baillieu |
| 16 | 7M | Mr Morrison   |
| 17 | 5T | Mr Thorne     |
| 18 | 6J | Miss Balgobin |
| 19 | 7V | Mr Vogiatzis  |
| 20 | 7T | Mr Metherell  |
| 21 | 6J | Miss Balgobin |



Form Class Winners – 6J



### Class Achievement – Miss Martin's Maths Class

#### Headmaster's Good Shows

| Gold<br>10 Housepoints | Silver<br>5 Housepoints            | Bronze<br>3 Housepoints       |
|------------------------|------------------------------------|-------------------------------|
| Damien Giles - English | Sebastian Classen - Latin          | Kirill Povarenkin – English   |
|                        | Saif Meliti - Art                  | Aidan Zilkha - Maths          |
|                        | Dexter Beale – Costume at Book Day | George Wells – French         |
|                        | George Wells - English             | Zain Ahmed – Art              |
|                        | Killian Magee – History            | Zain Ahmed – History          |
|                        | Armaan Malhotra – History          | Milo Langdon – Maths          |
|                        | Jonny Cullinane – Maths            | Arthur Koomen – Maths         |
|                        | Chinonso Ogbunude – English        | Bruno Van't Sant – RS         |
|                        | Chinonso Ogbunude – Geography      | William Hoskins – Rugby       |
|                        | Saif Meliti – Maths                | Josh Ruimy – Maths            |
|                        | Frankie George – Geography         | Henry Bush – Presentation     |
|                        | Sebastian Jones – English          | Nadhmi Auchy – English        |
|                        | Leander Straub – Art               | Benjamin Govindan – Geography |
|                        | Sebastian Moscoso – English        | Matthew Rampin – History      |
|                        | Sebastian Moscoso – English        | Alani Mosaku – Geography      |
|                        | Theodore Daudy – French            | Monty Sutherland – History    |
|                        | Kirill Povarenkin – English        | Lachlan Gray – French         |
|                        | Dominic Buxton – English           | Zachary Wulfsohn – English    |

|                                   |                                   |
|-----------------------------------|-----------------------------------|
| Blake Merriman – Maths            | Alex Scott – English              |
| Sava Seltzer – English            | George Byrnes Robertson – History |
| Cameron Childs – English          | Pietro Antonaci – History         |
| Theodore Bischoff – Art           | Rupert Cullinane – English        |
| Aidan Dausch – English            | Rupert Cullinane – Classics       |
| Zain Ahmed – English              | Louis Jaume – Geography           |
| Zain Ahmed – Latin                | Fergus Farrell – English          |
| John Cartwright – Art             | Milo Goldstein – English          |
| Milo Langdon – French             | Aditya Dubey – History            |
| Arki Paul – School Council        | Michele Aliboni – History         |
| Arki Paul - English               | Edward Hudson – History           |
| Kyu Dionisio – English            | Andreas Rashidmanesh – English    |
| Sebastian Jones – English         | Aurelien Abbosh – English         |
| Edmund Jones – English            | Raphael Harpel – English          |
| Harry Minderides – English        | Luca Bengough – English           |
| Ahmed Alshubaily – English        | Theodore Daudy – Geography        |
| Rory McDowell – Latin             | Saif Meliti – Maths               |
| Bruno Van't Sant – Maths          | Oliver Giles – English            |
| Milo Gwynne – Classics            | Zain Habba – Art                  |
| Josh Ruimy – Maths                | Zain Habba – English              |
| Zachary Wulfsohn – Geography      | Edmund Jones – Geography          |
| Zachary Wulfsohn – English        | Jackson Frieda – Geography        |
| Santiago Mendes Esteves – English | Arthur Koomen – English           |
| Monty James – Silver              | Boris Bogolyubov – History        |
| Laith Auchy – History             | Milo Pettit – English             |
| Taymour Auchy – History           |                                   |
| Edward Seppala – Art              |                                   |
| Zac Shuaib – Maths                |                                   |
| Monty Sutherland – English        |                                   |
| Milan Escarcega – English         |                                   |
| Reuben Jones – English            |                                   |
| Nicholas Dyer – Maths             |                                   |
| George Byrnes Robertson – History |                                   |
| George Byrnes Robertson – Science |                                   |

Gray Gardner- Geography

Gabriel Wells – History

Pietro Antonaci – French

Louis Jaume – Geography

Ludo Remers – English

Cameron Childs – Maths

Oliver Giles – History

Lorenzo Usai – English

Lorenzo Usai – Classics

Lorenzo Usai – Maths

Boris Bogolyubov – English

Max Adams – English

Milo Pettit – English

Lorenzo Usai – Classics

#### Photos from the Week



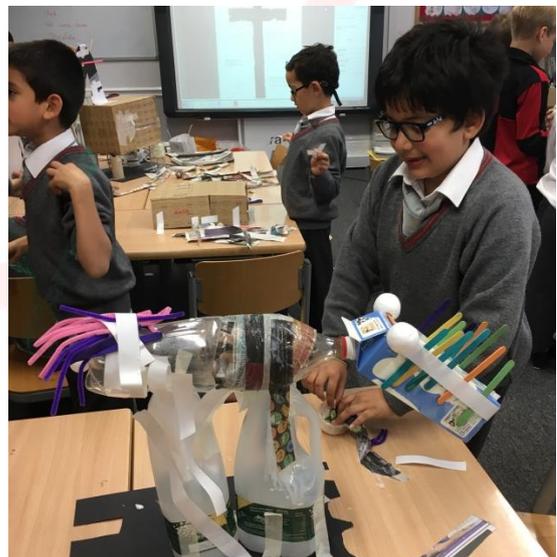
Spring has sprung! Wetherby snowdrops in Hyde Park



**Running Club enjoys a sunny morning jog around the park**



**A beautiful sunny day in Hyde Park**



**3P get to work paper-macheing their Trojan horses!**



**3P enjoy storytime with Casper M and his 'Twisted Fairy-tale'**

**Miss Martin's Maths class 'off duty'**



**Ready to fly...paper planes at Quiz night**

**Quiz Masters!**



**PTA Quiz Night**



**Rock Climbing Club!**



**4B experimenting with wax-resist brushes and crayons to create pictures in the style of Claude Monet.**



6T producing block prints with polystyrene inspired by Hundertwasser

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