



Dear Parents

We're now in the thick of exams and, so far, boys seem to be coping well!

I hope you enjoy a good mid-term break when it comes.

Senior Rugby Dinner



L-R Miles Pakeman- 7's player of the year, Eddie Obree-1st XV player of the year, Sam Hughes-2nd XV player of the year, Josh Inoue- most improved senior player, HM

England Schools U14 Rugby



Sam Rees, 9T, was selected to play Wing for The Independent Schools Barbarians Under-14 team in Biarritz last weekend. Sam scored in two of the matches and, although the final was scoreless, the IS Barbarians won the tournament having scored the most tries throughout. A terrific experience for Sam, not only from the sporting side, but also the opportunity to use his language skills and enjoy French culture.

Friends' Summer Ball

Guests were wined, dined and entertained, before dancing the night away at one of our most sociable and successful events of the year.



Due to the popularity of the Friends' Ball, there is always high demand. The limited number of tickets were sold out within hours!

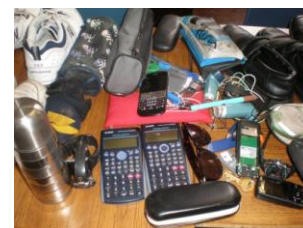
Lost Property

As reported in the last newsletter a huge amount of unnamed property was left in school over the Easter holidays.



All the items were on display in the school room for several days, awaiting collection by the owners. Many of the items were unclaimed and have since been donated to Charity.

Please can you ensure all property is named, to enable it to be returned to its owner. Lost items should be reported to the school office as soon as possible.



Music Exams

Congratulations to the following boys on their Music results:

Jacob Warn – awarded a Distinction in his Recorder Diploma. He scored an incredible 94/100.

Huw Richardson – Grade 4 – Tuba with distinction.

Tennis Results

Three teams entered in the Avon Schools Doubles Competition on 8 May.

Juniors pair won every match, conceding only 3 games in 6 matches. They beat:

- King Edwards School 6-1
- Writhlington 6-1
- Bristol Grammar School 7-0
- Colstons 7-0
- The Downs 6-1
- Clifton High School 7-0

Congratulations to Edward Gardner and Aydin Caglayan on becoming the Avon Schools U14 Champions 2011



Senior House Tennis

Singles competition won by Bird's:

Alex Matthews and Adam Day won their respective categories.

Doubles competition won by Ramsey's:

Ozzy Rashed and Tom Parker-McLean (Doubles Champions)

- Overall:
- 4th Carr's
 - 3rd Ramsey's
 - 2nd Hartnell's
 - 1st Bird's

Great Daffodil Appeal 2011

Donations for the annual "Great Daffodil Appeal" in aid of Marie Curie Cancer Care this year totalled £46.19. Thanks to all the boys who purchased daffodils for such a worthy cause.

Football Colours

The following boys received their football team ties after making 12 or more appearances for the 1st XI:

- Tiff Andrews
- Mike Ware
- Ben Watts
- Angus McLaren
- Jordan Seyedi
- Matt Marrs
- Harry O'Connor
- Toby Osborne
- Tom Ashford

House Cross-Country

Junior

- 1st George Neville (R)
- 2nd Milo Black (C)
- 3rd Louis Johnson (H)



Inter

- 1st Jack Millar (B)
- 2nd Patrick Krause (B)
- 3rd Derry O'Doherty (R)

Senior

- 1st Zak Tobias (C)
- 2nd Sam Bedwell (B)
- 3rd George Hurford (C)



Celebrity runners at the cross-country this year!

Junior Winners – Ramsey's

Inter Winners – Bird's

Senior Winners – Bird's

- Overall:
- 1st – Bird's
 - 2nd – Carr's
 - 3rd – Hartnell'
 - 4th - Ramsey's

Forthcoming events

Tue 24 May, Year 7 Induction Evening for new parents and boys

Fri 27 May – Year 13 Exam Leave begins

Fri 27 May – 4.00pm School finishes for half term

Letters you should have received!!

Year 9 Form Groups – September 2011, Mr Murray

Year 9 Barnardo's Adventure Challenge, Miss C Winchester

Years 7-9 Junior Music Showcase – 9 June, Miss Slevin

Year 7 – Choice of Second Modern Foreign Language – Mr Sykes

Examinations

Good Luck to all our exam candidates

Please ensure that your son has the correct equipment for each exam, i.e. in a clear pencil case or polythene bag bring a ruler, an eraser, a good supply of pens (black ink), pencils, cartridges for pens, calculator etc.

Equipment cannot be borrowed off another candidate during an exam.

Please also check the timetable carefully. Last year two boys mistakenly thought the exam was in the afternoon. Luckily the school was able to contact them and they were able to sit the exam, as they managed to arrive in time, but it is not ideal preparation for an exam!

PJK Exams Officer

There is a lot of exam information on the QEH extranet go to the following link:

<http://www.qehbristol.co.uk/extranet/>

username **qehschool**,
password **berkeleyplace**

Duke of Edinburgh Awards

Bronze:

Mohammad Amjad

Daniel Beswick

Will Davis

Oscar Dayus

Oliver Eyre

Sam Hodges

Jack Loudon

Chris Spear

Silver:

Josh Inoue

Aly-Sherif Fattah

Gold:

James Philpott – who will receive his certificate from the Duke of Edinburgh.

Physicists trip to Rolls-Royce

On Tuesday 10 May the Year 13 physicists, who are currently studying thermodynamics and gas engines with Dr Kyle, visited Rolls-Royce in Filton.

This is the first year we have offered applied mechanics as part of the physics syllabus. Many of the boys have chosen to study engineering at university and have found the study of aircraft and car engines fascinating. We were shown round the engine overhaul building where engines from RAF aircraft are serviced, and we were also given a sense of the scale of the operation, and the complexities involved in running a large engineering maintenance facility. The boys were also shown the various manufacturing techniques employed in making these impressive machines.

The visit nicely complemented the theoretical work we have been doing in class and helped to reinforce several concepts. We certainly hope to visit Rolls-Royce again next year.

Dr H Kyle

Year 8 Trip to Sikh Gurdwara

On the afternoon of Monday the 9 May, the RS department took all of Year Eight to the Siri Guru Singh Sabha Gurdwara on Church Road. Mrs Bal gave a talk and a chance for boys to ask questions about Sikhism and the place of worship itself. In addition, the boys got to hear worshippers from the Gurdwara play music, as well as sampling food from the langar, the free kitchen open to anyone.

Regional Spelling B Winners

Well done to the following boys on winning the Regional Spelling B competition last week. They will now take part in the semi-final on 25 May. We wish them well.

Owen Webster
Andreas Richardson
Christopher Allen
George Cherry

Seb Cheetham – team coach

For full details please click the link below:-
<http://www.qehbristol.co.uk/news-story-484.html?newslistid=6>

Tennis Results – week beginning 9 May

Monday - Year 7 squad played **St Bede's**
Won 6 matches – 0

Tuesday – Year 7 and 8 B squad and Year 9 and 10 B squad played **Chew Valley School**.
Year 7 and 8 squad – narrowly lost 4 matches - 3.

Year 9 and 10B squad – lost 5 matches – 1.

Thursday – Year 7 and 8 A squad and Year 9 and 10B squad played **Beechen Cliff School**.
Year 7 and 8 A squad – won by 6 matches – 0.
Year 9 and 10 B squad – lost by 5 matches – .

Saturday – Seniors played Bristol Cathedral
Lost by 6 matches – 3.

1st pair Alex Matthews and Aly Abdel-Fattah were unbeaten.

Ten Tors Challenge

QEH once again came away from the Ten Tors Challenge on Dartmoor with three very successful teams.

The 35 team, consisting of Finn Livingstone, Matthew Newton, Jack Millar, James Lay, Derry O'Doherty and Patrick Krause, finished the course looking very fresh, and all looking forward to the 45 challenge next year!



The 45 team, consisting of Cameron Ree, Will Pearce, Nick Seel, Ollie Samson, Osama Rashed and Alistair Fensome, completed the course despite the mentally tough challenge of having to re-trace their steps for 12 kilometres on their route.



The 55 team finished the route in a good time and captured the thousands of spectators' attentions by finishing wearing smart suits, shoes and aviator sunglasses. The team consisted of James Bapty, Jack Woodruff, Sam Hughes, Tom Collingridge, Luke Looney and George Hurford.

There were eight other QEH boys taking part in the challenge with other organisations. Completing the 35 mile route were Huw Parry, Patrick Bapty, Ed Aplin and Lawrence Elliot-Key. Lewis Harrison, Tom Stanley and George Sawkins completed the 45 mile route and Matthew Organ finished the 55 mile route.

An exceptional achievement for all the boys after months of preparation; well done!

For full details click: <http://www.qehbristol.co.uk/news-story-486.html?newslistid=6>

Cricket Results

1st team match rained off after being in winning position. Ben Woolf 74 not out (7 6's!)

2nds lost by 88 runs

U14 won by 3 wickets with 3 balls left

1st Team 20/20 v Wycliffe College won by 24 runs (James Young 61 not out)

20/20 v Clifton College lost by 7 wkts
Congratulations to Ben Woolf on obtaining his colours.

U15 v Chipping Sodbury (cup) lost by 9 wkts
U15B v BGS lost by 8 wkts

U14 v Redland Green (cup) won by 10wkts
U14B v BGS won by 7 wkts

U13 v Prior Park College won by 10 wkts (Hugo Ross 52 not out)

U12 v Prior Park College lost by 7 wkts

1st team v King Edwards', Bath
1st – 192 for 8 (Mike Willmott 87 not out)
KES 193 for 3 lost by 7 wkts

U15 – won by 17 runs (Callum Roberts 61)
U14 – won by 8 wkts
U13 – lost by 7 wkts
U12 – lost by 106 runs

Spinal Injuries Association – Foreign Coins Challenge 2011

Do you have any foreign coins left over from your holidays and are not sure what to do with them? Well the Spinal Injuries Association can make good use of them. They are collecting foreign coins to raise money to help support individuals, and their families, from the moment a spinal injury occurs.

Please help us to support his charity by sending any foreign coins into the school office.

GCSE Drama Performances

The Yr 11 GCSE drama students had their performance exam last week. There were four groups who performed edited versions of some challenging texts. A Brechtian inspired 'Waiting For Godot' captured the comedy and pathos of Beckett's famous absurdist text, whilst a darkly comic 'Dr Faustus' used some of Marlowe's language with modern scenes for an original take on this well known story of necromancy.



Pinter's 'The Birthday Party' was both disturbing and mysterious with a brilliant interrogation scene. Finally, Dario Fo's 'Accidental Death of an Anarchist' ended the evening with a hilarious depiction of police corruption and incompetence.

Congratulations go to all the boys involved for a great evening of theatre.

Advertising – QEH Magazine 'The Elizabethan'

- Reminder to all interested parents: There is still limited advertising space available for the 2011 edition of 'The Elizabethan'.
- Interested parties – please contact: Judith Cotterell, Bursary – at jcotterell@qehbristol.co.uk, tel: 0117 9303049.

Mufti – Raising money for SENSE

Last week's Mufti day raised a fantastic £646 for SENSE!! On April 17 ex-pupil Richard Millington, together with 19 friends from Huddersfield University, became the world's first marching band to complete the London Marathon, playing and marching all 26.2 miles.



They took 7 hours and 55 mins to complete the course, which was also a world record. So far they have raised £25,000 and with pledges still coming through, they hope to reach £36,000! SENSE is the leading national charity supporting and campaigning for children and adults who are deafblind. They provide expert advice and information, as well as specialist services to deafblind people, their families, carers and the professionals who work with them.



The students chose this charity as a group, because music is such an important sensory aspect and it allowed them to use their experience as a band, to support others who cannot always participate in it.



Well done to all of them on such a fantastic achievement!

Leavers' Concert

"The Theatre played host to a musical extravaganza on Tuesday when it hosted the Leavers' Concert.

The extremely talented Jazz Band headlined the evening, performing a variety of classics ranging from Glen Miller's 'String of Pearls' to Michael Bubles 'Sway'.



The infamous joint staff/pupil Acapella Choir, Sax Group and the incredibly tight, crowd pleasing Soul Band all took the stage to perform.

There were also sublime performances from the Jazz Quintet (put together by the pupils themselves) as well as the Leavers' Band, comprising of four incredible talents who are leaving this year: Jon Parsonage, James Parsonage, Jack O'Dea and George Bamber.



This evening was a fitting tribute to these boys, who have given so much to the music at QEH: they will be sorely missed!"

Exam tips for Stress busters

As you are aware, it is exam time. This invariably leads to increased levels of stress for students (and parents!)

There are many ways of dealing with stress, but a healthy balanced diet, lots of rest (if that is at all possible!!) and exercise always helps. Also try to fit in some down time – we all need to have some fun after all.

Here are lists of foods that are thought to have stress busting qualities!

Porridge: Porridge has a very low glycaemic index (GI), therefore it does not cause your blood sugar to 'spike'. It also provides you with a sustained level of energy to get you through the morning! Throw in a handful of blueberries and you are on to a winner!

Turkey: This contains L-tryptophan, which has a mood boosting effect

Oily fish: (e.g. Salmon, mackerel, Tuna) all known to contain omega fatty acids which again control the stress hormones.

Vitamin C (e.g. orange juice, Cantaloupe melon, kiwi fruit and strawberries) is thought to help beat stress

Bananas: Full of potassium, which can help keep your blood pressure under control.

Calcium (natural yoghurts, Cheese, milk) thought to help your nerves

Beef (full of iron, zinc and Vitamin B) which all help you to relax.



White fish: Being deficient in B vitamins can lead to mood swings and affect your stress response. White fish such as haddock and cod are good sources of B vitamins.

Water: Dehydration leads to headaches, tiredness, slowed reaction time.

Magnesium: A deficiency in magnesium is associated with feeling low and having a poor response to stress – So foods rich in magnesium such as almonds, lean meat, green vegetables and sunflower seeds will all help.

Good luck in your exams!

School Nurse

Study Leave

We would like to wish Year 11 the best of luck with their GCSEs.

You have been a very successful Year group; both on the sports field and academically.

We look forward to a record breaking set of GCSEs in August!



For a full report please click the following link:-

<http://www.qehbristol.co.uk/news-story-485.html?newslistid=6>