

School Badminton Tournament

V. Davis S. Alshaikhley

School Tennis Tournament

Under-13 Singles L. Rimmer
Under-13 Doubles L. Rimmer, A. Robins
Under-15 Singles E. Eggleton

Lacrosse Cup

M. Barakat

P.E. Cup for achievement M. Barakat

Junior P.E. effort and improvement cup L. King

Senior P.E. effort and improvement cup N. Barnes

Ballet Trophy for most improved pupil T. Gray

Posture Badges

Autumn	Summer	
T. Gray	A. Crown	R. Bolton
N. Eggers	P. Vig	M. Blass
	R. Padfield	

HORSE RIDING

About six people go riding every Tuesday at 4.45 p.m. at Hope-in-the-Valley riding stables.

The horses all vary in size and ability, especially when it comes to jumping. The bigger horses find it comparatively easy, but the smaller, less experienced ponies find it hard. Jumping requires toughness and co-ordination.

We start the lesson always with a warming-up session and it then expands to a group lesson where we do what we are told to do, one after another.

The horses are very well trained with good temperaments (well, most of the time). The stables contain three thoroughbreds, which we find quite difficult to handle since they are all about sixteen to seventeen hands. The New Forest and Dartmoor ponies are easily handled, but tough.

At 6.20 everybody puts her horse away for the night and we all go home exhausted and dirty.

*Freya Cave, IIIg
Emma Wills, IIIi*

SAILING SEASON

Five boarders, accompanied by our intrepid house-mistress, Miss Ockenden, went sailing this year at the Adur Centre in Shoreham. It proved to be a very successful time with only a few major accidents. Several times boats were dragged under bridges by the strong current, ruining masts and petrifying all aboard. But during the season tactics were mastered and races were won.

We went one weekend to Cobnor, near Bosham, in Chichester Harbour. This was a very eventful weekend. The gale forces were up to four and five, but we sailed on in our bosuns. Instructors were in every boat ready to help if the worst, the capsizes, occurred. And, if we did not capsize while actually sailing, the instructors managed to make us "practice" before coming ashore.

The equipment for sailing was very good and when, finally, we did pack up our boats and go in we lay exhausted in the common-room. But we could not get away with just that; washing rotas were set and tidy duties were laid down. These all had to be obeyed or severe punishments were in store. The weekend was very successful, but totally exhausting.

Later in the season we sailed to Bramber for a camping weekend. The sun was scorching; everybody came away with suntans, but even in the heat we sailed on. Timetables were drawn up, maps and tide charts consulted. We stopped for lunch on the bank, but sailed on into the afternoon before reaching Bramber.

Once we had arrived, tents were set up; the evening meal was then prepared. We all settled down for a good night's rest, only to be woken several times by smothered laughs and tent-pegs being pulled from the ground. This seemed to be fun, but when it reached the early hours of the morning and dewy tents were still being collapsed on us poor innocents, I think patience was lost.

We sailed back to Shoreham the following day. We were all thoroughly exhausted, but it was a good end to an excellent season.

A. Sailor

THE DUKE OF EDINBURGH'S AWARD SCHEME

Girls in the fourth, fifth and sixth forms are participating at all three levels of the Award Scheme — Bronze, Silver and Gold. In the true spirit of the Scheme, their activities encompass a wide range of interests; from photography to jazz dance and from cookery to sailboarding. A large group has attended a weekly Bronze Police service course and several Silver level candidates have gone out to Police courses at the local station. We are particularly grateful to the police personnel for their assistance. Others have found alternative ways of giving service to the local community and many visit St. Dunstan's in that capacity.

The junior equivalent of the award scheme, called the Adventure, Service, Challenge (ASC) Scheme, has been introduced for the younger girls currently boarding in Elliott House. At the time of writing, they are busily preparing for long-awaited summer outdoor activities, are following a basic First Aid course with Sister Hanson and they too have been to St. Dunstan's, to sing carols.

Two Bronze awards have been achieved in recent months, by Amanda Bisset and Deborah Kol, and many more are within short reach now.

We cannot write a full report without acknowledging the willing help given, both to us and the girls, by many of our colleagues on the staff. Our grateful thanks go to you all.

*D.J.M.
A.W.*

DUKE OF EDINBURGH'S AWARD

The Duke of Edinburgh set up his award scheme so that young people of today could benefit from discovering fresh interests and making new friends. Also he wanted them to find satisfaction in giving service to others.

The award scheme is set up in three different levels, Bronze, Silver and Gold. Each award contains four sections. They are: service, expeditions, skills and physical recreation. For the Gold award a residential project is also required.

For the Bronze expedition you must undertake a basic training, carry out at least one practice journey and then plan and complete an expedition on foot, by cycle, on horseback, or by canoe or boat, with a clearly-defined purpose. For my Bronze expedition, which you can read about in Deborah Kol's account, our purpose was to visit Arundel Castle. Basic training for expeditions on land must include safety precautions, casualty code, map reading, use of compass, food and cooking, country code, observation and recording. There can be three to six people in a group and the duration is two days out in normal country, including one night camping out. The required distance is fifteen miles on foot. Expeditions can also be done on horseback, cycle or boat.

For the skills section a leisure activity or hobby is to be followed for at least six months. An assessment is made both in progress and sustained interest over the period, rather than on fixed standards of attainment. I studied pottery for a longer period than required and after this I decided to go on and do it for "O" level. Other people have studied such topics as music, photography and nature. Each level requires a long period so that more progress can be made in the skill.

The physical recreation works on a point system. Thirty-six points are required to pass, of which twelve are awarded for participation. Examples include athletics, dancing, keep fit, swimming and so on. I have been doing trampolining.

The service section is the one which I have found the most interesting. For Bronze level I did a fire course which lasted about six weeks. At the end of it we had covered how to stop a fire, methods of rescuing people, and how to cope generally in an emergency. I think that one of the most embarrassing moments was having to demonstrate a fireman's lift! For the Silver level, I am doing a police course. We have covered such sections as crime prevention, mechanical safety, scenes of crime and law and order. The best thing was when we went around a magistrates' court. I got to be one of the three magistrates as we acted out a typical "court in session".

At the moment I am doing both the Silver and Bronze Awards, having not yet completed either of them. We have also done our Silver training required for a duration of three days and two nights in unfamiliar country. The distance is thirty miles on foot and at the moment we are organising a 100 miles expedition by cycle. We did our training in the Ashdown Forest, which involved spending two days trying to map read properly!

We have now got ourselves well organised. Mary is in charge of pulling us up the hills, Mary is in charge of putting the tent up and the rest of us are chief moaners!

Shani Waller, VD

DUKE OF EDINBURGH BRONZE EXPEDITION

Date: 29th-30th June
Departure: Steyning, along South Downs Way
Destination: Arundel
Total distance: 16 miles
Purpose of expedition: to study Arundel Castle and its grounds
Participants: Mary Blee
 Alison Cox
 Sarah Hollingsworth
 Shani Waller
 Deborah Kol

9.00 a.m. All keen and eager we assembled outside Steyning Post Office, rucksacks packed with food supply: eggs, bacon, sausages, loaves of bread, biscuits, drinks, crisps, apples, cans of baked beans and the can opener. The amount of food we had between us made it seem that we were to be gone for a week. With our maps in our hands and compasses round our necks, we commenced our Duke of Edinburgh expedition.

Full of energy, we were soon over some hills along the South Downs Way. However, one steep hill did cause a problem. There was Mary at the top waiting impatiently for the rest of us; meanwhile, Alison, Sarah, Shani and I were slowly, huffing and puffing, progressing up the slope. At around noon, we were already exhausted and gasping for a cool drink. Luckily, we soon arrived at Chanctonbury Ring, where we rested in the shade and ate our lunches.

This was where our first minor disaster occurred — for after finishing our sandwiches and drink, I accidentally left behind a whole loaf of bread. Yet I realised this only when I next unpacked my rucksack. This carelessness meant that we had only a loaf left to share among the five of us.

Around 3.30 p.m. and one mile before arriving at Lee Farm, where we intended to camp the night, much to our astonishment we saw Miss Williams heading towards us from the opposite direction. In fact we were quite relieved to see a familiar face and also longing for some sympathy. We began to moan and groan about our fatigue and how the rucksacks seem to be increasing in weight as time went by. I do admit that we did slightly exaggerate, but we got our sympathy and comforting.

On arriving at Lee Farm, we began to pitch our tents. Of course, with Miss Williams watching us, we had to pretend that we knew what we were doing and were indeed very skilled in the matter, but in fact we could barely distinguish the ground sheet from the fly sheet.

At long last, our tents were successfully pitched. Sarah and Mary accompanied Miss Williams in search of a water supply. Alison, Shani and I stayed behind to unload our belongings and prepare our meal for that night.

After our attempt at supper, which consisted of sausages, eggs and baked beans with yoghurt for afters, I think from then on we began appreciating mother's cooking!

Miss Williams left at about 6 o'clock, when she had checked that everything was under control, and so there we remained, stranded in the wilderness with no television. I also recall that the last episode of the series of "Dynasty" was being shown that evening. Obviously, being great soap-opera fans, we grumbled a bit among ourselves, but soon settled down to reading books instead. We left Alison and Sarah to write up the events of the day's journey and Shani to worry about whether or not she would survive the expedition. Little did we know that our next disaster was to be owed to our laziness that evening. For without doing the washing up, we snuggled into our sleeping bags and soon dozed off. Zzzzz!

At the crack of dawn, we were all up and feeling as bright as buttons. Absolutely famished, we started cooking breakfast, but Oh No! The remains of our meal of the previous night had stuck to the bottom of the crockery. We had no scrubber with us and only a small amount of hot water. Why, oh why, had we not washed the pans the evening before?

We managed to prepare a quick snack, before we checked our route plans, packed our tents, thanked the farmer for his generosity and set off. This time our rucksacks were much lighter and with Mary as our guide and Shani tailing behind, we reached our destination safe and sound and in good time.

The sun was shining brightly and many boats were cruising on the river. Even though our minds were more set on returning home, we went to look around Arundel Castle and made sufficient notes for the project to be based on.

As scheduled, Mr. and Mrs. Blee, along with Mr. and Mrs. Hollingsworth, arrived at 4 o'clock to meet us. We were all totally exhausted, with aching backs and limbs, not to mention our shoulders, which the rucksacks had pulled on. At that time I believed we would have traded anything for a cup of hot chocolate and cosy bed.

Shani and I were driven back to the boarding house, where we immediately sank into hot bubble baths and remained there for a long, long time. At least there was no more walking to be done, or was there . . . ?

"Where do you propose we go for our Silver Expedition? Yorkshire Moors?" came Shani's voice from the bath next door. "Shut up, Shani!" I replied.

Deborah Kol, VT

THE SCIENCES AND MATHEMATICS

MATHEMATICS

The Mathematics department (not forgetting that branch of arithmetic known as Computer Science) has finally decided to break out, or rather break into, the élite of those subjects who traditionally occupy magazine space.

It is difficult because we do not take weeks out of school to go on exciting field trips, nor do we have days out to buy our duty free . . . oops! practise our foreign languages. What we are guilty of is an almost insane delight in getting the right answers and the neater the method the better.

We now have a Mathematics Surgery, which is used by desperate individuals who arrive looking worried, but who leave, we hope, feeling much happier. This has recently been extended to include a Mathematics Club with a number of mathematical games and if the girls can persuade the staff to leave them alone, they are fun to try.

Now for that interloper, Computer Science. This continues to thrive, with a computer club and an opportunity to use the computers every lunch-time, although space invaders is definitely not allowed.

Statistics for the sixth form is a popular subject and especially necessary for geographers and biologists. Our statisticians are taught not to believe every figure they read, but ask how it was arrived at.

So you see, whilst we may not make much noise, we are definitely alive and kicking.

C.B. & S.K.

THE IMPACT OF CHEMISTRY

Without chemistry our world would be very different. Many of the things we take for granted would not be here. As well as scientific and industrial products, chemistry is important in our homes. It is a part of the structure of our homes, entertainment, transport, sanitation and health.

Imagine: without chemistry there would be no double glazing with aluminium frames or bricks. The framework of our homes would be considerably weaker and all alloy metals would not be formed; even the kitchen sink would go!

Even worse, our entertainment would be affected. Without chemistry there would be no batteries to go in our walkmans, tape-players and ghetto blasters. THERE WOULD BE NO TELEVISION!

Apart from this horrific fact, we wouldn't be able to get anywhere with the speed and ease we do today. The light frames of cars and the iron sleepers of the railway would disappear, and we would have to go everywhere on horses.

The effect of chemistry on our sanitation is staggering. There is just about a type of soap for every type of skin, washing lotions, fragranced body lotions, washing-up liquid and other detergents which leave hands as soft as our faces! And what would we do without washing powder to remove blood, sweat, gravy and egg, while giving all our washing the scent of April flowers?

Without chemistry there would be few or no drugs and medications. The effect upon health would be incredible if chemistry disappeared. Imagine having no drugs to take! Imagine having no Germoline to put on our spots!

Without chemistry the world would be boring, smelly, and unhealthy. Even with "e" numbers in our food and nuclear waste, chemistry is still a good thing, and a constantly increasing field.

Amanda Tucker, VK

BIOLOGY FIELD TRIP 1985

THE SUPER SCIENTIFIC SIX SURPRISE SWANAGE

Monday 22nd April began our Biology field trip for 1985. Armed with balls of string, quadrants, pH testing kits, canes (of the runner bean kind), trowels, the all-important identification books and, of

course, our wellies, we piled into the mini-bus and the Super Six were on their way to Sunny(?) Swanage. We stopped for a picnic lunch and a little celebration in the middle of the New Forest, but the wind got to the candles on Zubaidah's birthday cake before she did! Arriving at our destination that afternoon we made a preliminary investigation of the Godlingston Heath flora and other species.

On Day Two we went to the Studland Nature Reserve to carry out a belt transect across the sand dunes, but this beach at least dispelled the "Sunny Swanage" theory and dark clouds threatened all day. The elements did, however, show us how the formation of sand dunes occurs, and we advanced undeterred. The mini-bus offered us a temporary shelter for lunch, but then we returned to the depths of the sand dunes to study the succession of species and communities. At the end of the day we emptied the sand in our boots back into its natural environment so as not to disturb the balance of nature.

We continued our exploration of Godlingston Heath for Day Three and carried out a line transect running from wet heath through heath bog to dry heath, demonstrating the availability of water as it affects the heathland flora. That evening we collated our information and drew graphs to show our results, which, remarkably, resembled those expected. The next day proved to be rather a brain strain, as the Super Six struggled with species statistics on the top of a very exposed chalk ridge. We obtained values of species density on the chalk grassland by random quadratting and then returned to the mini-bus for a little light refreshment. Afterwards we wrestled with the equation for species diversity and nearly exhausted our calculators with number punching. Our morale was boosted by the great ecological principle — experimental error can be taken into account for any discrepancy in results.

Brands Bay was under assault for Day Five and the aim was to survey adaptations of organisms to the saline and estuarine environment. The wellies certainly came into their own here and investigations proved highly hazardous. Before we began any research one member of the group fell flat on her face in the soggy mud and four of the more adventurous discovered that it is best to "save our souls" and leave unsalvaged wellies behind! Anyone who was wandering in the area at this time might recall several pairs of assorted coloured socks dripping from gorse bushes. Needless to mention we returned to our guest house early that day to bath and wash our hair and to our relief, all research that afternoon was completed indoors.

On the last day the Super Scientific Six sadly said farewell to Swanage and set off for Brighton. We made a pitstop at Dorchester to visit the museum of palaeontology and arrived home that evening in time for supper. Thus another mission was accomplished for the intrepid explorers — Miss Stringer, Zubaidah, Miriam, Maha, Afia and Lisajane.

*Lisajane Nash and
Maha Barakat, UVI*

GEOGRAPHY FIELD TRIP, APRIL 1985

THE FEARLESS FOUR AND THEIR ADVENTURES IN WALES

After a light-hearted train journey, some of which was spent locked in the guard's van, the Fearless Four arrived at Llandudno Junction, to be collected by R.D., who was dragged away from a wedding reception. Apprehensive and trembling with excitement, we were sent straight to our rooms, where we stayed until supper — roast chicken and gâteau. After supper it was fortunate that, with the inactivity of the train journey, we were able to utilise excess energy boogying the night away at a wedding disco. Exhausted, we stumbled to bed; little did we know how much the peacocks would affect our sleep.

The following morning shock and realisation of the work to follow over the next five days was diminished only slightly by the full fried breakfast. Only the first day was really overcast, with bitterly cold winds and driving drizzle; otherwise, although cold at times, the weather was mostly bright and sunny.

We did so many town studies that we have decided to live in the country; over 600 shops were counted and recorded during the course of the week, as well as innumerable professional services. Our eyes were smarting not only from this, but also from the complete "grunging" of contact lenses in the Penmaenmawr granite quarry crushing sheds. We looked at gas mains, electricity sub-stations, industrial estates — quite a mixed grill, which gave us mental indigestion.

The physical geography was no less strenuous. Indeed, keeping up with Dr. D. as he strode purposefully over moor and dune proved an arduous task (that's his interpretation!). Having seen so many cliffs, dunes and glaciated valleys; having walked so far, contact lenses scratched through wind-blown sand, feet wet

through from peat bogs and with muscles aching; we decided that it might be preferable to live in towns after all.

Snowdon was the peak of achievement in spite of the wobbly foot of one of the group. It was so hot that another member of the group shed several layers of garments; including three pairs of tights which were quickly removed behind the crumbling wall of an old mine building, only seconds before a large party of school children hove into view. A third member of the group searched for Alpine flowers without success and the fourth member was most upset that she did not find any of her friends. Dr. D., on the other hand, also had a problem — he was most upset when the weather did not permit the wearing of his balaclava.

All in all our visit to Wales was not quite as we expected, but at the end of everything we were certainly wiser and healthier than when we started. Let us hope that what we learnt will help us not only in our exams, but in later life also.

*Lisa Bannerman, Ilsa Blumbergs,
Rowena Philo, Tania Newton, VI*

MODERN LANGUAGES

MODERN LANGUAGE ASSOCIATION: SUSSEX BRANCH

Once again St. Mary's Hall took part in the regular events organised by the MLA.

In March 1985 girls competed in the Spoken Word Competition; Angela Eleini won the French under-14 section and Clare Hemmings the French under-18 section. Angela and Clare represented Sussex in the National Final in June.

In May 1985 a group of second-year girls took part in the Junior French Drama Competition at Lancing, performing a play which they had written themselves entitled "Un visiteur inattendu". Standards were high and our team was placed third.

Members of the Lower Sixth attended a conference at Chichester in March 1985 entitled "Languages after A Level".

Members of the Upper Sixth attended the Study Day at Sussex University in October 1985, when the subject was Voltaire's "Candide".

Eight Lower-Sixth girls attended a lecture at Lancing College in November 1985 given by one of the attachés linguistiques in London: "Le citoyen de demain et les langues".

D. W.

CONCOURS EUROPEEN

In March 1985 Clare Hemmings, who was then in the Lower Sixth, took part in the European Essay Competition of the Alliance Française. She was awarded one of the top five prizes in the United Kingdom, which was a week's holiday in Paris.

Three members of the present Lower Sixth will be taking part this year, hoping to emulate Clare's success.

D. W.

THE FIVE-DAY TRIP TO FRANCE

The trip to France started on Tuesday 26th March 1985. We got to school at about 7.10 a.m. Miss Harries and the other teachers stuck labels on our bags and told us which groups we would be in, and we waited for the coach. It came at about 7.20. We got on and travelled for about two hours to Dover. We then got on board the boat and sailed. It took about one hour thirty minutes. Most people ate their lunch on the boat. When we got to Calais, we boarded the coach and drove to Villejuif, which is just outside Paris. We got to our hotel, "Hotel France", unpacked and went down to dinner. That was ravioli, meat and potatoes and ice-cream. Then we went to bed.

The next morning we got up at 8.00 and breakfast was at 8.30. The breakfast every day was croissants, French bread and tea, coffee or hot chocolate. That day we went to see Paris on a coach tour, and in the afternoon those who wanted to could go up to the top of the Eiffel Tower. It was excellent. You could see the whole of Paris. Even though I do not like heights, I thought going up the Eiffel Tower was great. When we got back to the hotel we had dinner and those who wanted to went on a tour of "Paris by Night". That was quite beautiful. After that we went back to the hotel and to bed.

The next day we went in the morning either to visit our pen-pals or to see the Arc de Triomphe and walk down the Champs-Élysées. I chose to visit my pen-pal. Then after all the excitement we visited the Ile de la Cité, including Notre-Dame, which was very interesting. After supper at the hotel we went on the river in a Bateau-Mouche. After that day we were all very tired and went to bed.