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ONLINE



HEAD TO HEAD



Greetings and a Happy New Year to all readers of The Word as we start off another exciting term at AGSB. The New Year always means a time for looking forward and also, a time for looking back and referring to the extraordinary success the School achieved last year. The arrival of a new Chair of Directors for the Hamblin Education Trust is an exciting opportunity for both the School and the Trust. At the same time, I would want to give a warm welcome to Mr Michael Thompson, the former Principal of St Ambrose College, who took over the reins in November 2019. This is also a time to say thank you to our former Chair of Directors, Duncan Battman (Old Altrinchamian), who joined AGSB's Governing Body in 2003 and served until 2016. Duncan played an integral role in establishing the HET in 2015 and in helping move North Cestrian School to become a free school.

Last term we introduced a number of new initiatives at AGSB, as well as developing some of our operational systems and processes. Our new School core values of Love of Learning, Respect, Responsibility and Resilience have become established through the assembly programme; the re-structured 6th form student leadership team have made a real impact across the School; the newly-restored House System is gaining momentum with the clear stand-out event last term being the House Shout. I am also pleased to hear that 'parent friendly' online applications such as 'Show my Homework' and 'Schoolcomms' are proving very popular with parents, students and staff.

I am delighted to report that the new classroom complex is progressing well. As I write, the groundwork and the steel works are nearing completion and the external brick work will begin in the New Year. The good news is that we are on time, and on budget and the new building is still due to be handed over in July 2020.

I trust that you will enjoy reading about another extremely successful term at AGSB in these pages. I wish you a most enjoyable and successful 2020.

Head Master

"The newly restored House System is gaining momentum"

Welcome back to another term at AGSB. I hope you all had a restorative and enjoyable Christmas break, particularly those who recently completed their mock examinations. As always, last term was a busy term filled with successes including charity fundraising, a mock general election and the inaugural House Shout. These activities, amongst many others, help to add to our sense of community as a school and really add to its character (the Holland tour in October of Year 9 was a personal highlight for me!)

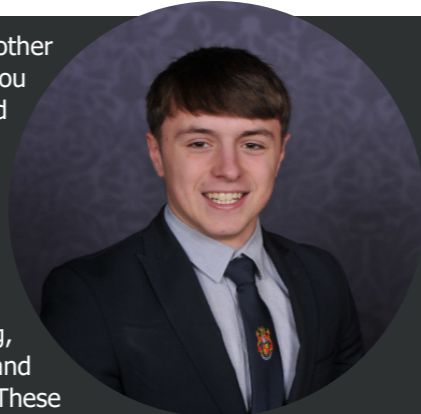
This term is of great importance to everyone within the school; particularly those sitting public examinations at the end of this academic year. Now is the time to build upon the foundations set in the mocks in order to achieve the best results possible. This ties in well with the idea of a New Year's resolution; what small change can I make in my life to better myself and achieve more? Although it may only be a small change, the discipline used in staying committed to a resolution can be invaluable and truly beneficial.

Following on from this, by far the most important thing at the start of this year is to reflect upon your own strengths and weaknesses as an individual. Consider what changes you could make, however small they may be, in order to have a positive impact upon your life.

Having said this, be sure to enjoy yourself this year and relax when you can; academia isn't everything and having fun is just as important! I fully intend to embrace all the opportunities on offer at AGSB in my last two terms here and believe we should all do the same.

I wish you all the best for this coming year.

Dan Haslett



Karate is a global sport originating from Japan, from the island Okinawa, as early as the fifth century BC. In modern times Karate has developed into 3 major styles Shito-Ryu, Goju-Ryu and Shotokan. It is practiced by over 100 million people and will feature at the 2020 Tokyo Olympic Games. Mayek (in Year 11) has competed in the Shito Ryu Shukukai National Championships in Kata (a detailed choreographed pattern of movements) coming 1st, 1st in sparring (to fight with an opponent in a short bout or practice session) and in a team 2nd in club sparring, and more recently, 2nd in Kata. We asked Mayek to describe his experience during the competition; when he first competed, it was really to gain some experience of how the competition worked - it's split into three main categories: Kata, Sparring and Club Sparring where opponents are selected based on weight, height and age. He remembers sitting on a mat amongst 10 other



NATIONAL KARATE CHAMPIONSHIPS



opponents all eager for the coveted gold medal. "Once called up you bow to your opponent and the three referees as a sign of respect and then the sparring begins. A sense of exhilaration consumes your body as you are throwing punches and kicks, that have been meticulously practiced over the years, in an attempt to gain more points than your opponent".

Mayek's goal may not have been easy to achieve, but things that are worth doing are not often easy. If you are going to learn anything from this article it would be that "the greater danger for most of us isn't that our aim is too high and miss it, but that it is too low, and we reach it."

A Gupta



MACMILLAN COFFEE MORNING

On 1st October, the Food and Nutrition students baked a range of cakes in preparation for the annual Macmillan coffee morning. The selection of delicious cakes ranged from the traditional Victoria sponge to the zingy lemon drizzle and the luxurious chocolate fudge.

Overall, £216 was raised in support of Macmillan, a charity which "provides specialist health care, information and financial support to people affected by cancer, or people with relatives affected by it". The coffee morning was a great success and this was mirrored by the huge smiles on all the teachers' faces.

K Panchal-Taylor



Recently the Gardening Club organised for an apple press to be brought into school and members of the club brought in heaps of apples from home to press into apple juice.

A stall with the apple press was set up outside The Grammar and pupils came and pressed the apples using a grinder and press screw. First the apples were cut up roughly and put into the grinder, which cut the apples finer and dropped them into a barrel-shaped tub. After the tub was full, the next contraption (the press screw) was added to squash all the juice out of the apples and pour the apple juice into the jug waiting under the tap. The screw had a handle that had to be twisted at the top which pushed a circle of wood onto the pile of cut up apples and it pressed the apples.

The Gardening Club pressed the juice into jugs and then into small cups for everyone to try. Because the apple juice was made of pure apples, people found it more bitter compared to shop bought apple juice, but everyone still found it tasty. Teachers were also given the opportunity to fill up their water bottles with apple juice, but even then, there was still a lot of apples left due to the huge number donated by members of the Gardening Club.

I Jamal



APPLE JUICE MAKING EVENT



MACBETH

"Double, double toil and trouble; Fire burn, and cauldron bubble".

Macbeth is one of Shakespeare's most iconic plays and Year 11 students were treated to a contemporary take on this classic tale at the stunning Royal Exchange Theatre in Manchester.

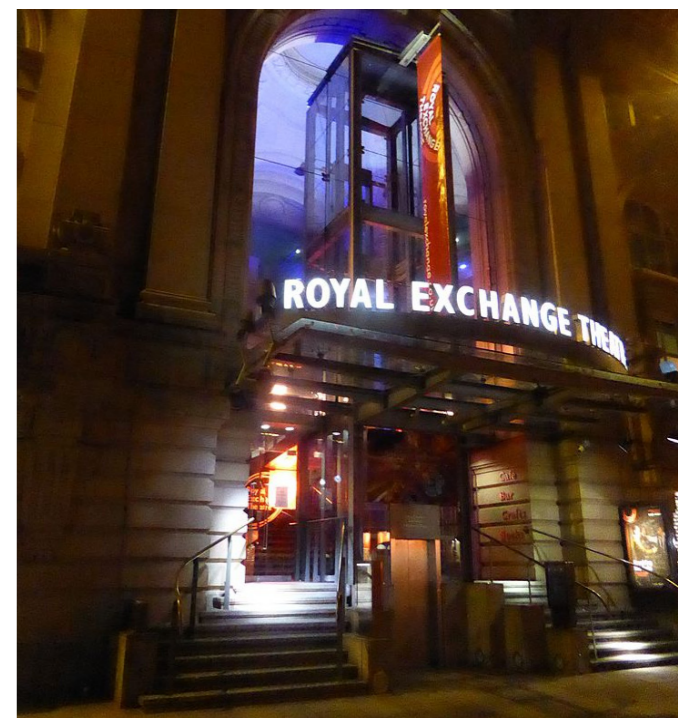
Fifty boys took the opportunity to see their English Literature syllabus light up before their eyes. It is said that to truly appreciate Shakespeare you need to see it performed live and this modern interpretation certainly hit the mark on a memorable evening.

The play started off dramatically with one of the witches even descending from the roof of the theatre, making the audience wonder what audiences in the 1606 would have made of this. Dramatic gunfights peppered the scenes and realistic knife fights added to the excitement.

Macbeth and King Duncan were both played by women which added to the sense of this being a very 21st Century adaptation. This made it an amazing spectacle and made us think about the play in a new light compared to seeing the more traditional versions.

Finally, I would like to thank the English Department for putting together such a great trip which allowed us to take another look at Shakespeare's masterpiece from a different perspective.

I Cooper



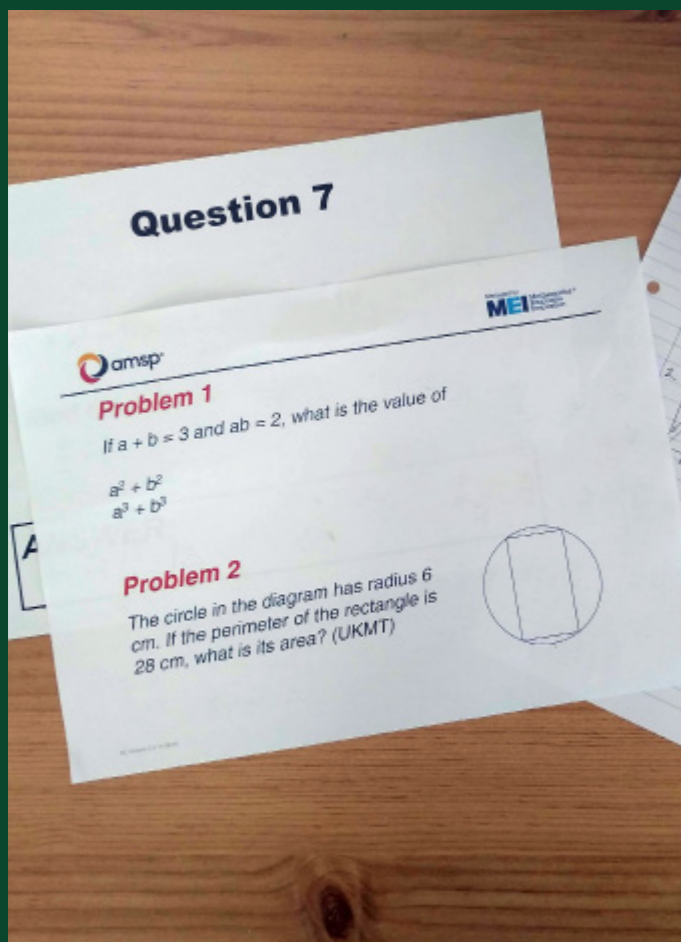
On 20th September, 7 students from Year 12 attended a 'Problem Solving Day' at Xaverian College. Students from multiple schools in the area came to the event, all of whom were studying A-Level Mathematics. The day involved a few challenges and competitions as well as talks from an organisation called the Advanced Mathematics Support Programme. These were all intended to help prepare students for future challenges and inform us of the various routes into mathematical careers.

The day began with a cross-number puzzle where we had to solve clues in order to work out the answers. We were put into teams of 4 and working together was crucial if we wanted to complete the task on time. After solving the first few, my team and I felt quite happy with what we had managed to do, however this didn't last long as we began to look down at some of the more difficult questions. It was tough, but in the end, my team completed it with a few minutes to spare. We were the only ones to finish so were hopeful that we could triumph in the final event of the day.

The next challenge was a relay where we split up into pairs within our teams. One pair had questions 1 and 3 whilst the other pair had questions 2 and 4. In order to solve a question, you needed the answer from the previous one, so the pairs had to pass answers back and forth. This meant that teamwork and communication were essential if we wanted to be the first to finish. We got off to a bad start when we



PROBLEM SOLVING



incorrectly solved question 1 and as a result incorrectly solved the next two questions and had to start again. On the final round, by absolute luck, we got the first two parts wrong but somehow managed to get the final answer correct. Despite all this, we rushed through and managed to win all three rounds of the relay challenge.

Lunch time came around and being only a few minutes away, the Curry Mile was our go to choice for food.

Finally, we made it to the climax of the day: The Dragon Maths Challenge. There was a total of 14 mind-bending questions that we had to solve in teams. We were only allowed one question at a time so either had to correctly solve it or pass and never return to it. To make it even more interesting, there were two bonus questions that could be solved at any time, so we had to manage our time and roles within the team. In the end, a team from Xaverian College won, however both teams from our school came tied second.

Overall, the day was great fun and helped develop our problem solving skills. The Advanced Mathematics Support Programme run many different events just like this for all age groups across Greater Manchester and I would definitely recommend you check a few of them out if you are enthusiastic and interested in the subject.

A Khawaja

On 7th of October, Year 11 geography students went to Ancoats to complete their coursework for the GCSE exam.

The day began with a review of the city in the classroom and learning about the local area, before taking the tram to Ancoats. When we arrived in Ancoats we commenced the trip with a walk by the canal and made notes about the sustainability in the area such as a nursery which showed social sustainability, and a clean canal which showed environmental sustainability. Local businesses came under economical sustainability.

We then walked to the main road and conducted an Environmental Quality Survey (EQS) which consisted of walking down a straight road and counting steps. At a 50-step interval, we measured the spot we were at in categories of attractiveness, cleanliness, inspiration, dated or contemporary and friendliness.

After this we looked at land use. This is how a certain building is used i.e. retail, factory, shop etc. We divided the buildings into percentages of use for example, 40% shop, 60% factory and then later, made a pie chart from the results giving an easier representation of the data.

Overall, the day was a success and helped us to show sustainability of the regeneration of Ancoats. A massive thanks to the geography department for organising such an insightful trip.

D Turkington



ANCOATS TRIP





LIMA'S WALL OF SHAME

In the heart of Lima, a great concrete wall divides a poor community from a wealthy gated neighbourhood, marking a border defined by decades of structural neglect and highlighting division both inside Peru's capital city and Peru's society.

Peru's capital grew rapidly during the country's war with the terrorist group known as the Shining Path. This led to more and more migrants to settle in Lima and start to build up neighbourhoods out of merely wood and corrugated iron. As the neighbourhood grew and flourished with migrants, they are given official documents for their land, allowing them to begin voting in elections. But in Pamplona Alta, the 'invasion' of this pueblo joven (young town) has hit a wall, literally.

A 10km long wall was built by the wealthy inhabitants of Casuarinas who live on the other side of the hill. Many of the inhabitants in the Pueblo Joven work for the more affluent inhabitants on the other side of the hill, many taking much longer to get to their underpaid jobs due to the wall. One of the main reasons for this monstrosity happening in the 21st Century is the corruption within the country itself.

On the wealthier side of the wall, the price for a square metre of land can be over \$2,000 and to enter, an Identification Card must be shown to the guards. The inhabitants of this community include bankers and even government officials.

Some of the inhabitants of this area even have swimming pools when clean water is a scarce resource in the area. The wall may have been built initially to keep out criminals and gangs, but this hasn't happened, with gangs simply purchasing a house in this area and being let in. All this has amounted to is a clear division of lifestyle in the city and a constant reminder to the people of Lima that they are almost dominated by a wealthier community which seeks to keep them locked out.

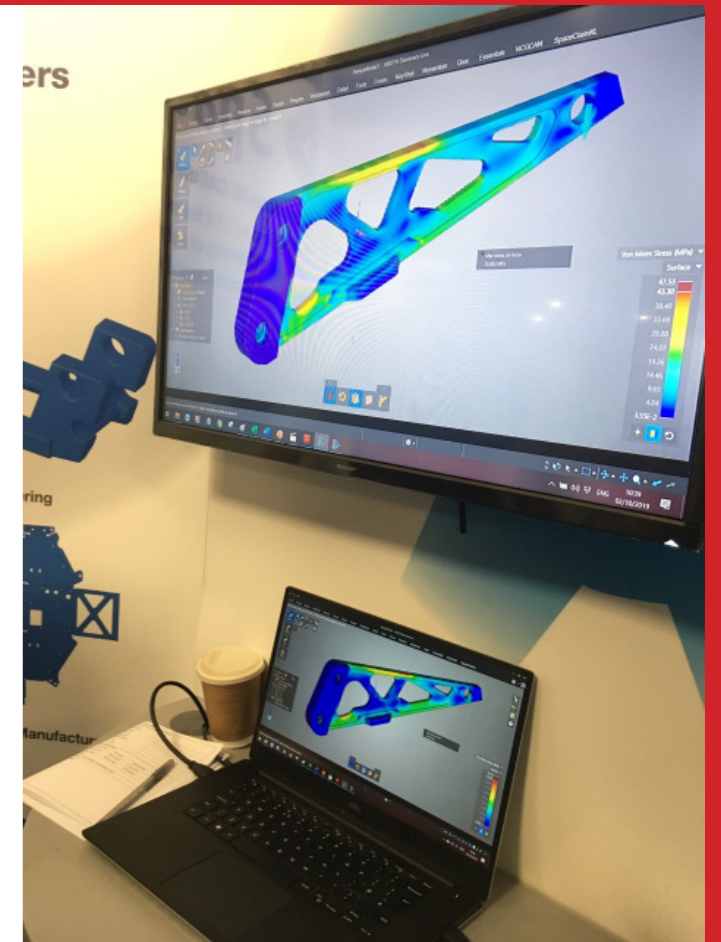
Following decades of removing dividing walls and barriers between communities, such as in Berlin or along the Northern Ireland border, there is a growing and dangerous trend towards seeing the building of new walls as a solution to our problems. Only by learning the lessons of the past and rejecting such isolationism can we truly move forwards as a society.

I Cooper

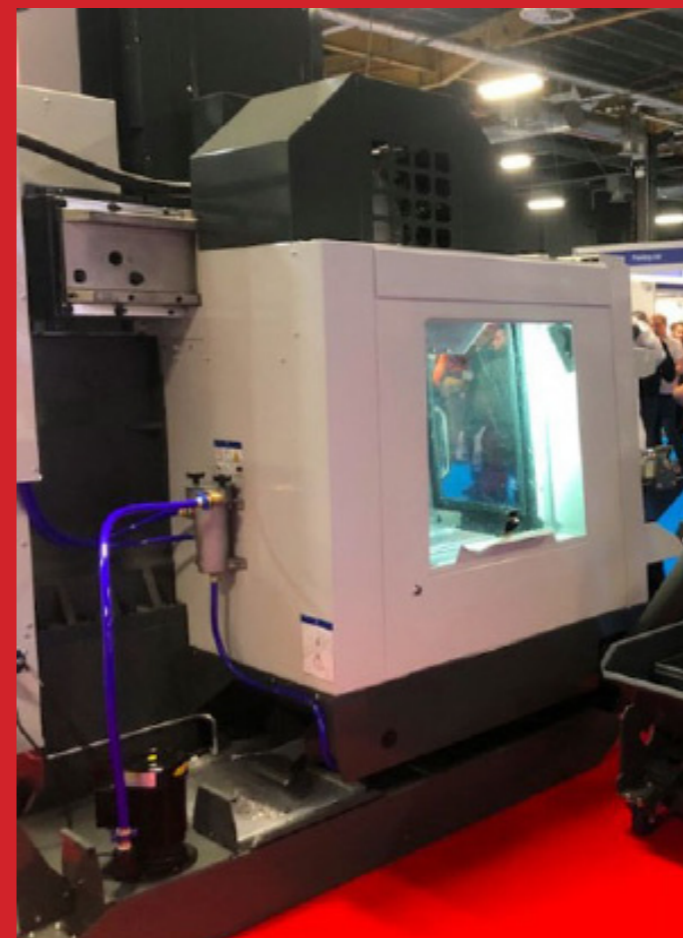
On Wednesday 2nd October, the Design and Technology department took 15 students in Years 11, 12 and 13 to EventCity for the annual Northern Manufacturing and Electronics show. Over 130 companies from across the country attended to showcase their products and services. The expo is one of the largest marketplaces for technology, components and engineering services in the North.

When we first entered the venue, we were blown away by the massive variety. They had everything you could think of; from springs and circuit boards to robotic arms and 3D printers. Companies from many sectors such as aerospace, electronics and automation had all shown up. We were all curious and eager to look around as there was so much to do in so little time. We spent the next few hours walking around the aisles and whenever something intrigued us, we would go and have a closer look. Occasionally, a representative from the company would come over and talk to us and discuss what the company did and answer any questions we had. This was a chance to improve our networking skills and meet new people from the engineering and manufacturing industry.

There were some big names at the event, including the American engineering giant Haas. Not only does the company specialise in automation machinery, they also own a Formula 1 team. After staring in awe at the massive machines they had bought with them, some students were



MANUFACTURING TRIP



excited to learn of the various opportunities such as work shadowing with an established Formula 1 team.

The purpose of the trip was to inspire and inform us. It provided a unique opportunity and insight as to how Design and Technology is a fundamental part of our every day lives. For some, it was a great place for ideas for future projects and suppliers.

At the end of the day, we all left with some extra knowledge, ideas and, of course, freebies. Some of us were content with our 30 different types of pens whilst others had somehow managed to leave with a bag full of metal cups.

A Khawaja



AJ HARTLEY AUTHOR VISIT

On Friday 1st November Year 8 were lucky enough to be visited for the second time by the award-winning author, AJ Hartley. He is a British born American novelist who has written dozens of brilliant books for adults and children that are a great read for everyone. He was born in Preston, which has influenced many of his books, including Cold Bath Street and Written Stone Lane, both of which were on sale at a discounted price on the day.

The day started in the Coleman Hall at 11:00 am, with an introduction from the publicist, from UCLAN, who told us all about what he does. We then met AJ Hartley, who read us a thrilling extract from his novel Cold Bath Street, enticing us to read the rest of this great book. He then talked about Written Stone Lane, the eagerly awaited sequel to his first book in this series. They are eerie ghost stories for younger teenagers and are based on experiences from his own childhood.

Cold Bath Street was nominated for the prestigious Carnegie award and is soon to become a television series. He talked to us about the inspiration for his books and what they were based upon, especially his new books. We were then informed about the main plot of Cold Bath Street and also about the characters, but without giving too much away! The book is about a boy called Preston who, on the way back home, is suddenly killed by supernatural creatures. Preston finds himself in a desolate void, trapped in the chasm between life and death, but he soon finds that he is not alone in his quest

and must stay one step ahead of his enemies in an attempt to save his soul. However, in doing so he needs to brave the darkest and most feared part of town: Cold Bath Street.

After the talk, Year 8 watched the trailer for Cold Bath Street, helping us understand the book slightly more. We then watched the trailer for one of his other books, "Monsters in the Mirror," an equally good story, also with a newly released sequel. This was shortly followed by a Q&A session with AJ Hartley, to give budding authors in the crowd the chance to ask their burning questions about his books, his life, his inspirations and his career. Overall, the questions were very interesting, inquisitive and intelligent, and the answers to them were even better.

At the end of the session was the book signing. Boys eagerly purchased a selection of his books and to top off this great day we got them signed with a message from AJ Hartley himself. The whole year and all of the English teachers were extremely thankful for this brilliant opportunity, and we look forward to welcoming him back next year to talk to the next generation of authors.

T Hill

On 9th November, Year 10 received a talk on drugs and their significance from the Daniel Spargo Mabbs Foundation. Dan was a boy who led a regular life. However, his life took a huge turn when he was introduced to drugs. Unfortunately, these drugs led to his death. Daniel's mother gave a talk about the detrimental effects drug had on her son.

She began with his backstory: the family were from Croydon and Daniel was one of the most popular pupils in his school. One night, Dan said he was going to a party. Daniel's mother knew that Dan was responsible so allowed him to go. Dan had gone to an illegal rave and he took a lethal amount of MDMA, by accident. It is likely this was a consequence of peer pressure.

Year 10 were very moved by this talk and it's important to remember that any of us can be victims of drugs. It doesn't matter what background you come from or how well you perform in school.

T Arshad



Y10 DRUGS TALK



TOUR OF BRITAIN SWING BAND

On Saturday 14th September the AGSB swing band performed at the start of stage eight of the Tour of Britain cycling race, starting in Altrincham. The tour of Britain is the UK's most prestigious cycling race, and is 1250 kilometres long around England and Scotland, taking eight stages over eight days.

It was an early start for us, arriving near Altrincham Town Hall at 8:30 am, to be greeted by an eager crowd and a colossal inflatable arch marking the start of the race. We hastily set up the stage for a 9:15 start. A substantial gathering was present to clap us on, whilst we performed six entertaining numbers, those being the jazz rock tune Get it On, a Latin one called Burritos to Go, an energetic piece called Work Song, a fast tune called Birdland, a slow smooth one named One more for the Count and finally another jazz rock called Vehicle. Everybody thoroughly enjoyed the performance, despite a few unfortunate times when the wind blew our music off the stands! We played for 30 minutes, and then took a short break to cheer on the cyclists as they departed for the final Greater Manchester section of the race.

After the break, the band set up on a second stage in the Stamford Square for another thirty minute performance

kicking off at 11:15 to start the second part of the day's celebrations. We played a similar program to the first set, whilst entertaining a surprisingly large crowd, who spurred us on and watched with great enthusiasm. We were introduced by Jenny Powell, the bubbly and entertaining television presenter, who showered us with praise making our performance even more enjoyable. The Mayor of Altrincham, Ken Garrity, was also present to listen to us and to a selection of other local performers, bands and choirs.

Overall, this was a fantastic event for everyone involved and for Altrincham, and we hope similar events happen again. Thanks to all the event organisers, Mr Myers and all the boys who performed, for once again putting on a brilliant show.

T Hill



FIGHTING DIABETES

Diabetes Mellitus is a lifelong condition that causes a person's blood sugar level to become too high. It is a disease in which the body is unable to process the main source of energy 'Glucose.' The pancreas gland present inside the abdomen produces a hormone called Insulin which regulates the level of blood sugar in the blood. The insulin is the key to let the glucose in the blood enter the cells to be used as a source of energy.

There are two types of diabetes which are Type 1 and Type 2.

Type 1 Diabetes also known as insulin-dependent diabetes is when the body does not produce any insulin as the immune system of the body mounts an attack and destroys the cells that produces it. It is also sometimes known as juvenile diabetes or early-onset diabetes because it usually develops before the age of 40, often during the teenage years. One would need insulin injections for the rest of their life once diagnosed with type 1 diabetes.

Type 2 Diabetes is when the body does not produce enough insulin, and /or there is resistance to Insulin produced. It is a progressive condition but usually appears in people over the age of 40 years and is more common in Asian and people of colour. It is treated with a healthy diet, increased physical activity and in addition medication and/or insulin is often required.

Diabetes is nowadays being treated as an epidemic, but it is not contagious. As of 2018, more than 425 million people worldwide have diabetes which is around 18.5% of the world. Type 2 diabetes is more common than type 1. In the UK and around the world, 90% of all adults with diabetes have type 2. As expected, looking at the statistics, we should have few individuals with diabetes in AGSB.

Most of the people with diabetes generally lead a normal life, however, there are some who don't feel that way. I am fortunate enough to speak to two such individual in our school who have diabetes to give me a better understanding of the condition.

In our school we have several people suffering from diabetes, so we decided to ask two of them some questions. One is a sixth former, Freddie Whitehurst, who has managed his diagnosis all the way through AGSB whereas the other is Mrs Bates who is a part of the SEND department which supports students in class. So how do they live with diabetes?

How have you dealt with diabetes through your life and how has it affected you?

FW: Starting at a huge new school with the added pressure of being diabetic was never going to be easy. Luckily, I was diagnosed at age six and had already built up some experience of dealing with my diabetes independently. Therefore, I was not perturbed by explaining my condition to my new friends

and dealing with the added responsibility. Whilst I knew I always had support if I needed it in the form of the SEND unit, they gave me space to deal with my diabetes myself. As I have moved through school the exams office has always been incredibly supportive, the tackling of my diabetes has always come down to me and my family. This has allowed me to bear full independent responsibility as I have grown older.

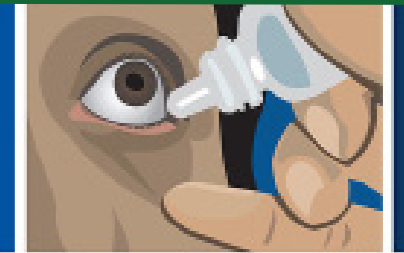
As mentioned, a key source of support for me regarding diabetes both throughout my life and in school has always been my family. At the times when being diabetic presented a problem, like on the Barcelona football tour, my dad was prepared to come with me, so I didn't miss out. My mum also did the same in Year 7 for the PGL trip. However, there have been times where my diabetes has prevented me from doing things at school. I have always been disappointed that I was not able to go on the Spanish exchange in Year 9, which was very upsetting at the time. This experience illustrated to me the importance of being able to fend for myself and not rely on anyone else. Ultimately, I would encourage anyone with diabetes or any other long-term illness at school to work towards individual independence, with a view to being able to effectively care for themselves in the wider world, where support may be less readily available.

FB: I was diagnosed with Type 1 diabetes in June 1991 following the premature birth of my third child. The onset of my symptoms was normal and rapidly increasing and within only a few days I had become quite ill. At the time, I had three children under the age of 4. I did not have time to worry too much about how this illness would affect me, so I did as I was told by the doctors and got on with my hectic life. Over the last twenty-eight years technology has improved enormously with the introduction of sensor technology which can now read blood sugars without having to constantly prick your finger... which hurts! There is also pump therapy available to Type 1 diabetics although this is something which I personally have not pursued, on the basis that until it does everything for me having injections is the least of the problems associated with this condition. Whilst I do sometimes feel frustrated that I have diabetes and cannot do anything about it, I honestly just accept that it is a lifelong condition which can be managed, and things could be a lot worse.

Diabetes, if not detected, it can lead to more severe problems such as Parkinson's and even heart disease. If glucose control is not optimised, then it can lead to various complications later in life and hence it is important to not shy away from acceptance if diagnosed. Diabetes is something that is in the news often, but not the doomsday scenario that some would lead you to believe. Many people manage their diagnosis and use it as an opportunity to reevaluate their lives. Here we have the opinion of just two who both agree that the important thing is to listen to your doctor and live your life to the full.

N Mudaliar

PROTECT YOUR VISION FROM DIABETES



Have a **dilated eye exam** every year, and follow these steps to keep your health on **TRACK**.

T 	R 	A 	C 	K 
Take your medications as prescribed by your doctor.	Reach and maintain a healthy weight.	Add more physical activity to your daily routine.	Control your ABC's—A1C, blood pressure, and cholesterol levels.	Kick the smoking habit.



The year 2019 was a big year for cricket enthusiasts as Cricket World Cup came to England and was played in June and July. It was icing on the cake as England won the cup for the first time since the inception 4 decades ago.

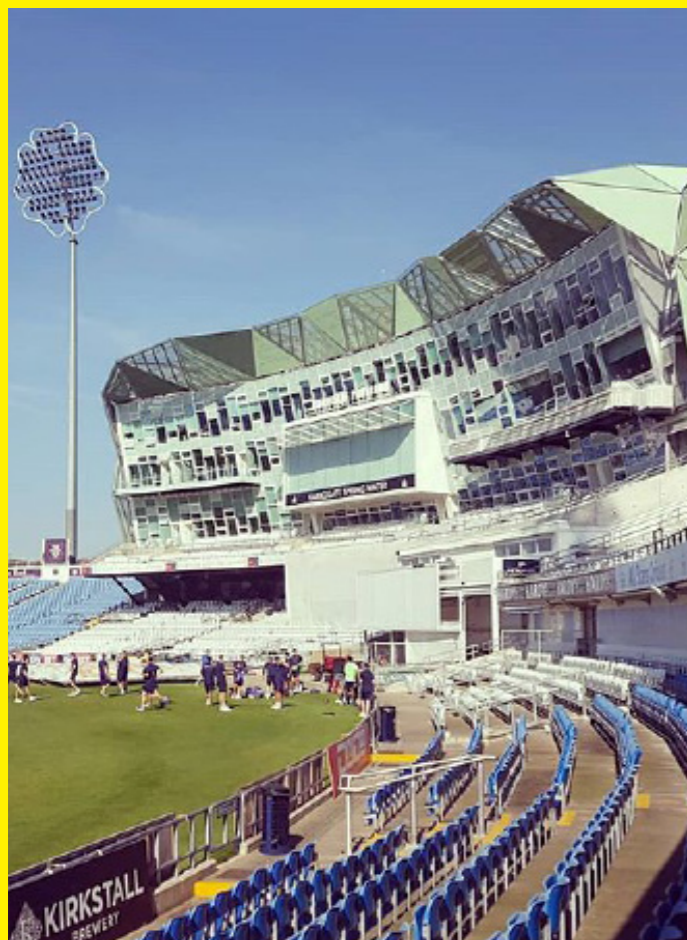
To celebrate cricket at AGSB, the 24 players of school cricket team and 3 teachers were given the opportunity to see a live World Cup match between West Indies and Afghanistan at Headingley cricket stadium at Leeds.

Upon arrival at the stadium, we were left amazed at the size of the stadium and the numbers of fans that were there. As we arrived well before the match would start so were allowed to explore the huge stadium, buy merchandise or see the players warm up and practise.

The match started and West Indies were batting first. This was going to be the last World Cup match for West Indian batting legend Chris Gayle and to witness a legend play one of his last international games was quite special. He unfortunately was dismissed early; however, the West Indies batted well and put up a good score. During the second innings, we were subjected to some promising and brilliant batting display from Afghan batsmen. The Afghan batsmen tried valiantly with Ikram Ali Khil making a fantastic 86 runs but in the end, the West Indian bowling triumphed. The West Indies won comfortably and the Man of the Match was given to Shai Hope from the West Indies for his technical



YEAR 8 CRICKET TOUR



and eye-pleasing 77 runs. During the game, many of us tried to get signatures from Afghan players and some were lucky enough to get autographs of couple of star players like Rashid Khan, one of the current best spinners and Mohamed Nabi, their previous captain. We got some more autographs from the West Indian players as they were more obliging and interactive during the match. Eventually most of us got a signature from the players.

The main essence of the visit for us was to experience the international level game of a live cricket match and enthuse ourselves to improve the skills. We did learn a lot from that visit which helped us to improve our game. The batting resilience from the Afghan's batsmen, the technical batting skills shown by Shai Hope and the never say die attitude from the West Indian bowlers to turn the game on were all the learning pearls which all of us hope to emulate in the future.

Once we left the stadium, we had lots to take home that we could add and improve to our game. We have to especially thank Mr Rawson (PE) for organising this trip so that we could learn more about cricket and also we thank Mr Cammack and Mr Rawson (Chemistry) for coming along and supporting.

N Mudaliar

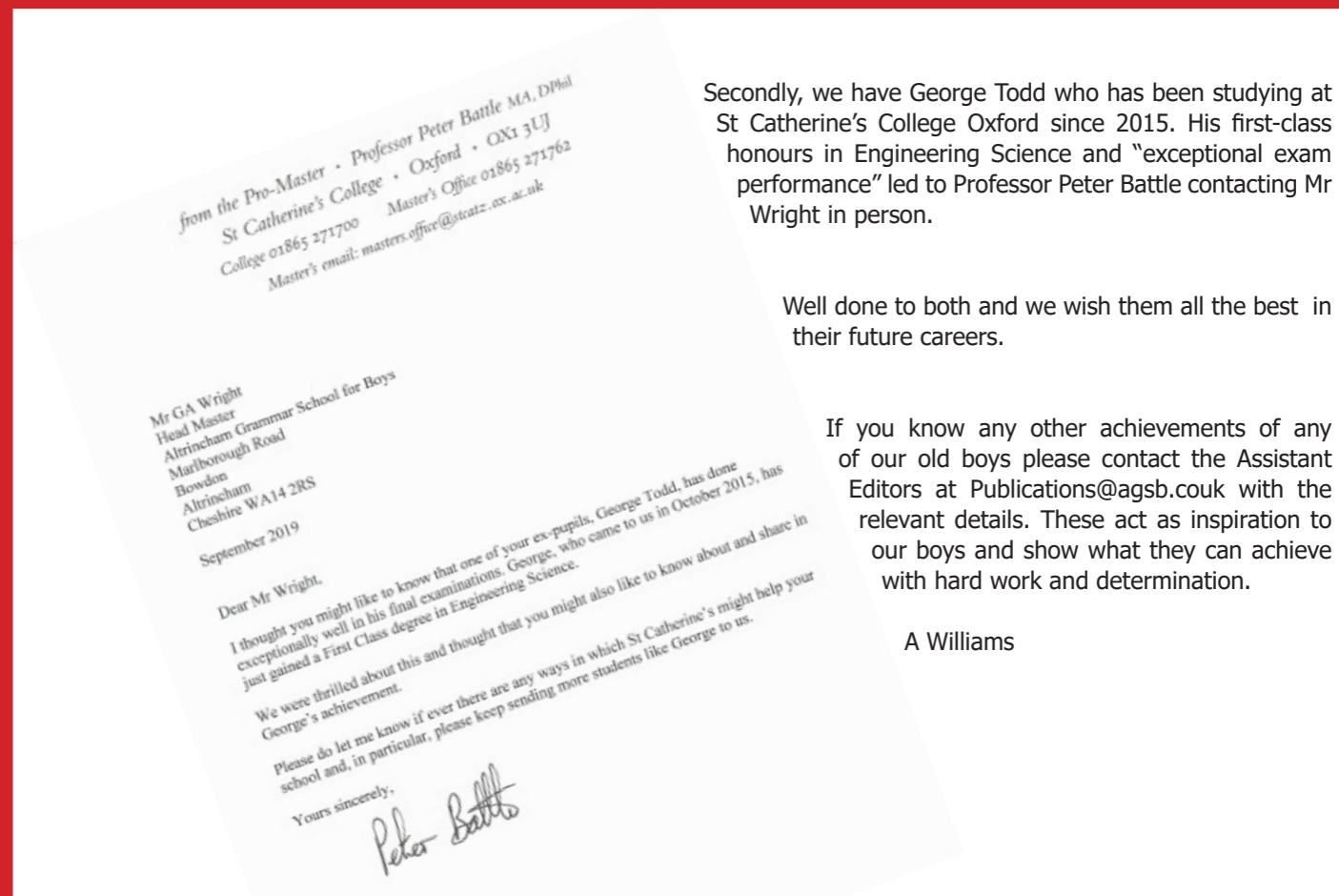
It is always great to see the incredible things that our students get up to. The fact that institutes take the time to keep us informed means a lot and below are two examples of the some of the recent exploits of the Old Boys of AGSB.

Firstly, we have a letter from Christ's College, Cambridge who have highly commended Ben Akrell for his performance in his Master of Science degree.

His first-class honours at such a prestigious institute is an amazing achievement. Ben always had an excellent work ethic and it is so pleasing to see all his hard work come to fruition.



EXTERNAL SUCCESS



Secondly, we have George Todd who has been studying at St Catherine's College Oxford since 2015. His first-class honours in Engineering Science and "exceptional exam performance" led to Professor Peter Battle contacting Mr Wright in person.

Well done to both and we wish them all the best in their future careers.

If you know any other achievements of any of our old boys please contact the Assistant Editors at Publications@agsb.couk with the relevant details. These act as inspiration to our boys and show what they can achieve with hard work and determination.

A Williams

On Tuesday, 5th of November, an incredibly inspirational lady named Miriam Mason-Sesay visited our school and led an assembly on behalf of Educaid, an organisation which aims to eliminate poverty by educating helpless young children in Sierra Leone. Miriam started out by telling us all about her adventure to install schools in one of the world's most disadvantaged and dangerous nations on the planet, Sierra Leone. Her bravery and dedication had such an impact that we felt compelled to support her in some way on this phenomenal work.

In the assembly, Miriam shared stories of individuals who had faced struggles, disorder, and homelessness, but had now revived hope in their lives through the work of Educaid. The remarkable charity has provided, through fundraising and generous donations, an educational environment for vulnerable and deprived children, as well as a family – a home, food and a safe haven with people to look after them.

Educaid started its existence as a sponsorship programme in 1994, following a visit to Sierra Leone by James Boardman and Swithun Mason, Miriam's sister. Monetary help was sent to Sierra Leone to help students pursuing their education. Following subsequent journeys made by James, Swithun and Miriam, it became clear that it was impossible to ensure that an exceptional standard of education was being achieved. Miriam's history teaching French within the UK gave her a proper grounding to monitor the quality of education being



EDUCAID FROM SIERRA LEONE



delivered; Miriam explained to us that she could see the problems faced by these young people: they had been full of determination and willingness to work hard, but were left without the instructional framework to change their lives. The decision was made that she would keep travelling to Sierra Leone to overview the schools, thus making sure that the quality of education was monitored.

Miriam also passionately explained her belief in the strength of education to break poverty. Arriving in Sierra Leone towards the end of the brutal civil warfare, Miriam commenced operating to improve a seriously broken education system. Her first "school" was the porch of a rented house, where she taught 20 children. These days the organization she co-founded, Educaid, has expanded to nine schools serving an incredible three thousand young students. Almost all of her pupils are underprivileged and battle-affected youths. Altrincham Grammar School for Boys is proud to support this extraordinary charity and will continue to do so for the foreseeable future.

To find out more about Educaid or to donate, please visit <http://www.educaid.org.uk/>

F Ghafoor



HOUSE SHOUT 2019

Wednesday 20th November was the date of the inaugural House Shout which took place in school with the four house teams taking part. It was held after school from 7:00 till 9 :30 with refreshments and a raffle.

There was an instrumental, a harmony and a unison from all four houses and the winning house was judged by the judging panel, sat in the balcony, including Mr. Myers, Mr. Timmins and Mrs. Wallwork. There were also sponsors sat with them at the top. The night was a marvelous hit with all the parents that came to watch with lots of cheering and clapping for each house when they stepped up to perform and when they ended their piece.

Massey started off the evening with their instrumental with 'Superstition' by Stevie Wonder which was very well received by the audience. Stamford, Bradbury and Tatton followed this example and kept up the high standards in their performance.

Stamford then began their harmony which was heartwarming rendition of 'Pompeii' by Bastille. The other three houses, again, maintained the highest of standards, making it hard to judge who was going to win.

Now, all that was left was the big one; the unison. All the houses sang to the absolute best of their abilities singing famous songs. Stamford sang 'Love Me Again' by John

Newman which was a spectacular team performance and it gave them the leading edge. Once all the performances were over, everyone was on the edge of their seat, waiting to know the final verdict that the judges were to give, and Mr. Soulsby was to announce.

The end result was a win for Stamford, claiming the instrumental and unison sections and a close 2nd in the harmony section. This victory resulted in them claiming the Gartside Cup, a trophy given to the winning house of the annual House Shout.

Thank you to all the parents who came to support the event, to all the House Managers for helping to conduct the event, to Mr. Soulsby who put together an amazing collection of musical talent and to the house sponsors who helped fund the event and show their support.

J Biju

YEAR 8 FRANCE TRIP

Just before midnight on 15th July, around 40 excited boys and 5 teachers were about to depart AGSB (and England) onto an unforgettable trip to France to learn more about French culture. The coach journey was magnificent, with many chants and songs reverberating around the coach.

At about 1700 hour's local time we finally arrived at our accommodation, after a delay due to traffic on the motorway. We arrived, fatigued and sleepy; but we marvelled at the magnificence of our accommodation – 'Chateau de Grande Romaine'. In fact, this was the chateau that the Brazilian football team dined in before the 1998 Football World Cup Final.

Once we finally finished setting up our rooms and having a bit of a rest, we went on to do our evening activities and a bit of free time to ourselves to explore the chateau. We all eagerly waited to go to bed to recover from the tiring journey but more importantly to be fresh for our first day which included exploring Paris.

On 16th July, we were woken up by the smell of a delicious breakfast. Soon after breakfast, we headed to the coach and ventured into Paris. Our first stop was the Cite des Sciences et de l'industrie - a magnificent and brilliant interactive museum that explores everything in industrial and scientific history ranging from a fully automated robot, capable of sensing human emotions, called Pepper to a fantastic light show about constellations (Polaris). The next destination to explore was Montmartre, a beautiful area in Paris home to the Sacre-Coeur. After climbing some 300 steps (not that I knew that it would be useful at the Eiffel Tower), we got to see a postcard-worthy view of Paris from the steps of the Sacre-Coeur. Following that, some of us went to the Artists' Square, just around the corner from the Sacre-Coeur and spent the rest of our time taking beautiful photos, haggling with caricature artists and buying souvenirs; whereas others preferred to take a full tour of the magnificent cathedral.

On 17th July, we had an early lunch in the chateau and departed to what would be our most busy day in Paris. Our first destination was the icon of Paris, la tour Eiffel (the Eiffel Tower). In keeping with any well-known tourist attraction, we waited patiently in the long serpentine queue to get our tickets. Subsequently, we went on our voyage up 624 steps. 624 steps! But it was worth the climb. The view atop the second level of the Eiffel Tower was indisputably one of the best vantage points of France. After the Eiffel Tower, we went on a refreshing and relaxing river cruise down the Seine just before sunset. The final pit stop was a visit to the terrific Arc de Triomphe and we saw the Eternal Flame. There is a fun fact that the Eternal Flame extinguished only twice in its whole history of almost 100 years. The day ended with a relaxing stroll in the Tuileries Gardens and taking pictures in front of the Louvre.

The 18th July, was a day of great happiness and sadness as we were going to Parc Astérix, a brilliant theme park

filled with great rides, but then it would mean our final day in France and curtains to the Paris tour? Parc Astérix was an excellent and enthralling experience with thrilling rides and fun games. A couple of students from the group exhibited great skills playing various games in the Parc and won themselves memorable souvenirs ranging from an inflatable seven footer banana to a huge stuffed dog. The last experience of the France tour was a sedate dolphin show which was a perfect note to end the trip.

On behalf of all the students who went on the France excursion, I would like to thank Dr Squire, Mr Carr, Miss McCourt and Mr Flanagan for accompanying us on the trip and putting up with our nuances and especially to Mrs. Brennan who organised such a wonderful trip.

N Mudaliar





YEAR 9 BOOK CLUB REVIEWS

Year 9 Book Club: 'Me and Earl and the Dying Girl' by Jesse Andrews

Despite its funny and humorous nature, book club's latest read also had a poignant side. The book follows Greg Gaines, an introverted child trying to find his place in society and "fit in". Despite this, a spanner is thrown in the works when Greg's mother forces him to be friends with Rachel, a terminally ill leukemia patient. This book's crude and laugh out loud nature will appeal to most students and it even has a deeper more thought provoking side - should you choose to indulge. Despite its seemingly perfect combination of attributes, book club gave it a mere 3.5 out of 5. This was due to a combination of its narcissistic traits and its constant shift in formats. In discussion, this was a possible attempt to convey Greg's confused nature and his endeavors to cope with it; or just a bad idea on the writers part. Me and Earl and the Dying Girl was written by Jesse Andrews and has since been made into a film as well, rated a 12A.

A Gupta

"The beauty of "Me and Earl and the Dying Girl" -- and it truly is a beautiful film, both visually and emotionally -- is that it doesn't pander to anyone."

Common sense media

"The film is touching and small, but also thoughtful and assured in a way that lingers after the inevitable tears have been shed and the obvious lessons learned."

NY Times

Sweet but cool, funny and touching, Me And Earl... does it all. You'll laugh, you'll cry, you'll run to the Criterion Collection.

Empire

Me and Earl and the Dying Girl deserves to be the summer's sleeper hit. It's that sharply funny, touching and vital.

Rolling Stones

The Royal Navy: the embodiment of doing the world a favour. Helping rebuild the houses of hurricane victims, fighting on land and sea to protect our country... and helping 13 AGSB students plate some food.

Jason and Jordan from the Royal Navy visited our GCSE Food Technology class to give us a special task and test our skills. Jason was a certified chef, who was with the Navy for well over a decade and Jordan was a friend of Jason's, who knew his way around a kitchen, despite not being a chef for the navy. We were given 2 hours (20 minutes prep and 1 hour 40 minutes to cook) to make a two-course meal with previously unseen ingredients. I was grouped with Tom and Smawar and we decided to make a chicken roulade curry for our main and a gooey brownie for dessert, with sugar work decoration.

I was lucky enough to be the guinea pig for the sugar work; Jason taught me how to make the sugar work and how to cook it properly, without it burning or being too wet; what the correct consistency and colour was, how long it should be on the heat for and at what temperature, etc. The result was phenomenal, better than I could have hoped for my first try.

However, in the end, it was a competition, and we wanted to win! Unfortunately, Felix's team beat us to the punch. His group made homemade burger and fries, with a meringue-



GCSE NAVY VISIT FOOD TECHNOLOGY



based dessert, with sugar work that could rival a professional chef's!

Despite our (undeserved) loss, it was a great experience to get to cook with real members of the Navy and it really tested our skills as a chef to see what we could make with no practice in such a short time frame.

Thank you to Jason and Jordan for coming so far across England just to come to us. Thank you also to Mrs King and the Food Tech Department for teaching us what we needed to know to help us cook such amazing dishes.

Follow @agsbfood on Instagram to see what the department is up to!

G Thornicroft

On Sunday 17th November, the AGSB Concert Band and Swing Band, accompanied by Mr C. Myers and Mr S. Myers, with Mrs Wallwork, travelled to Newman RC College in Oldham for the North's regional stage of the National Concert Band Festival. This is the UK's largest wind band and big band festival.

Fifteen wind bands and five big bands took part. They came from as far afield as the Isle of Man, Bangor and Durham, with musicians of all ages from schools, universities and community groups.

Each set was appraised by two adjudicators: one provided verbal and written feedback and the other gave a running commentary which was recorded onto a CD for the groups to take away with them. The bands were not competing against each other. Instead, their performances were graded using demanding criteria covering various aspects of their musicianship: tone, dynamics, rhythm, improvisation etc.

The AGSB Swing Band played four pieces which demonstrated their ability to produce a variety of jazz styles, from smooth and mellow to powerful and uplifting: Alianza, Jump, Goodbye Pork Pie Hat and Get It On. Many of the boys also had the opportunity to provide solos and improvisations. Their set was critiqued by Dr Gordon Vernick from Georgia State University. He advised the trumpet section to lower their music stands to allow for greater forward projection of

their sound and made some suggestions about emphasising the dynamics in a few key phrases.

The Concert Band also played a diverse range of pieces: Pound the Streets, Windjammer, The Shepherd's Song and Barnaby Behaves Badly. Gerard Booth, the adjudicator and Head of Oldham Music Service, was very complimentary about their performance. He particularly praised the oboe and trumpet solos and was also impressed by how many musicians were in the band.

When the awards were announced, the Concert Band were given a Gold Certificate and the Swing Band received a Platinum Certificate. This news was greeted by cheers from the boys and everyone went home with smiles on their faces. An NBCF 'National Celebration' event will take place on 4/5 April at the RNCM in Manchester.

T Hill

On Friday 8th November 2019 guest speaker Mr Jim Beach came to our school to talk to the Year 7's and Year 8's about Remembrance Services. When we talk about Remembrance, we mainly refer to World War 1(1914 - 1918). We also call it Poppy Day. It has been 101 years; however, we still hold all the traditions initially put up in the 1920s.

We have Remembrance to pay our gratitude or even mourning for all those people who lost their lives to make the world what it is today. Those wars prevented other countries from becoming all powerful and keeping everyone in a dictatorship.

Remembrance is on the 11th of November. That is because this is when the war finally ended. Remembrance is on a Monday for 2019.

We pay our respects by having a two minutes silence at 11 am every 11th of November. The reason for having it 11 am is because that is the very hour that the war ended. There is also a Remembrance Sunday. We commemorate on a Sunday to show respect to the British soldiers who did not only die in WWI but all the wars since.

Also, poppies are worn. There is a poppy appeal lead by the British Legion. In late 1914, soldiers attacked the fields of Northern France and Flanders. The poppy grew on those fields. Then the poppy came to represent the immeasurable sacrifice made by soldiers and quickly became a lasting memorial to those who died in World War One and later conflicts. The British Legion gives families and veterans that



NCBF REGIONAL FESTIVAL 2019



REMEMBRANCE SERVICES



suffer losses the profits that come from selling poppies. Memorials are situated around Britain and other countries such as France. Here soldiers who died in WWI, WWII and other modern wars are buried. However, there is one called 'The tomb of the unknown soldier' that did not leave Britain. People who could not afford to go to France went to these tombs instead.

There are informal and formal ways of celebrating Remembrance Day. When we have minute silences those are informal; however, formal celebrations include The Royal Family, top politicians and also Army Generals.

Get involved in Remembrance and pay respect to those who died in conflicts across the years.

S.Tumula

On the 31st October, a huge inflatable hemisphere appeared in the Coleman Hall, known as the Planetarium. This year, children from local primary schools could come and experience an interactive talk on space, explaining the moon, the stars and the first moon landing, due to the new Outreach Program organised by Miss Cathcart.

First, we explored the first moon landing, and the first man to step on the moon - Neil Armstrong. With the surrounding 3D projection inside the Planetarium, the video was extraordinary: you could see the Saturn V flying overhead and the moment when Neil Armstrong stepped on the moon for the first time. We were also told the importance of spacesuits, how if you didn't wear one your lungs and blood would boil, and what it was like to live on the International Space Station.

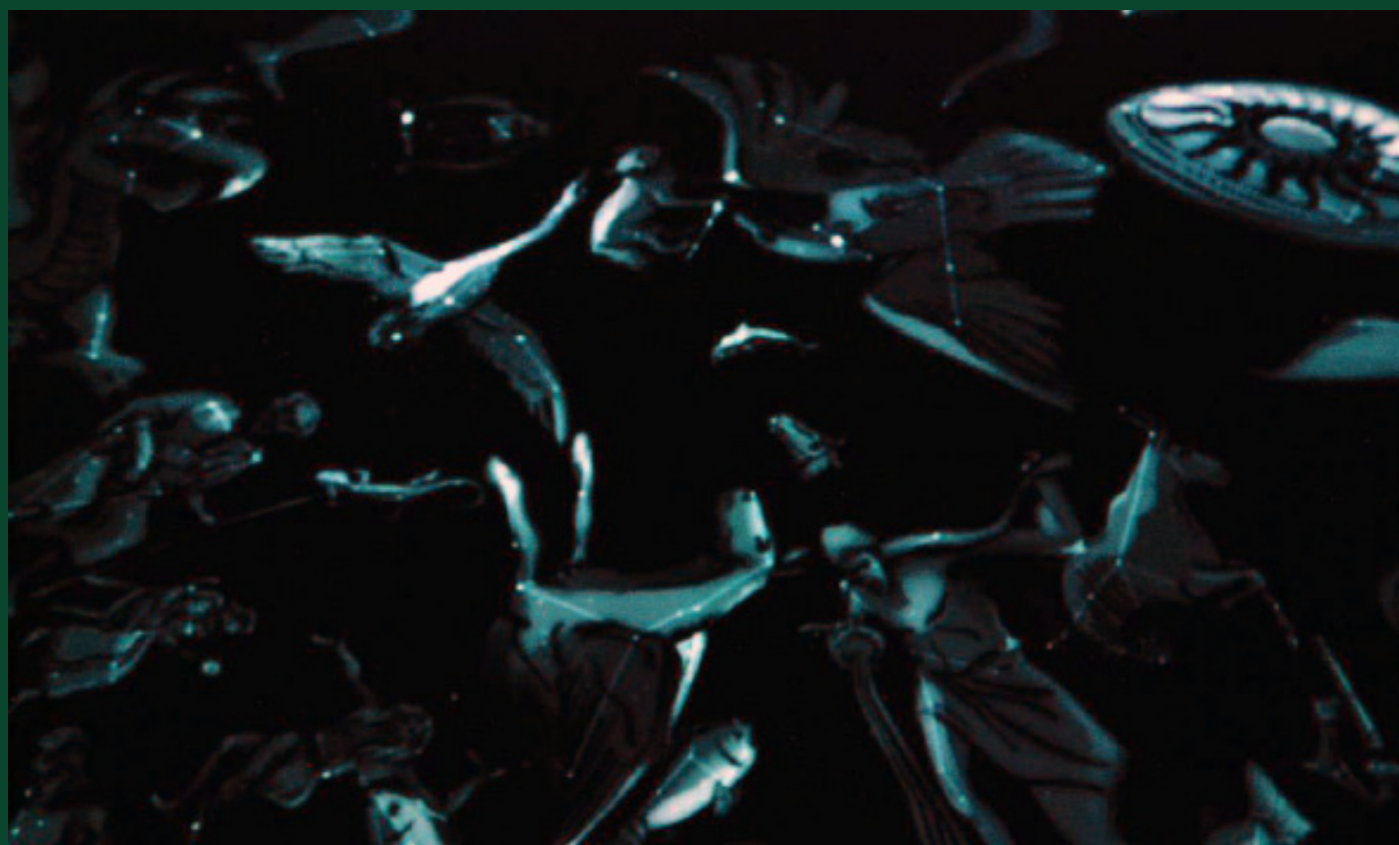
After, we were shown a map of the stars and how you could spot the Big Dipper, the Little Dipper, the Big Bear, the Little Bear and the Pole Star, in your back garden. But those aren't all the constellations, we were shown a whole map of every constellation afterward and the pictures they showed. In addition, we were given information about the sun, how it was formed, how it will explode into a supernova when it dies and how life will be extinguished when that happens.

After the sun, the tour of space had ended, and we walked out of the Planetarium, feeling enlightened with the secrets of space and everyone thoroughly enjoyed the experience.

I Jamal



PLANETARIUM



On Tuesday 5th and Friday 8th November, 180 Year 9 students were privileged to go on an educational visit to Salford Quays to investigate how successful regeneration has been in the area. The start of the day saw the students being led on tours around Salford Quays by the Geography department: Mr.Bromley, Mr.Williams, Mrs. Jackson, and Mrs. Armstead.

On the tour the students explored the re-developed parts of the Quays this included the Lowry, the Millennium Footbridge, the Imperial War Museum, Media City Footbridge, Media City, the NV buildings, Detroit Bridge and Docks, the Grain Wharf Housing, the Quays Watersports Centre and the Outlet Mall.

After a short lunch break in the Lowry Outlet Mall the students were given sites to investigate that they had to locate using their map skills that they had acquired in Years 7 and 8. We collected data on each of the sites: how attractive, clean, contemporary, safe and inspiring the area was. This data was then inputted in to the Survey 123 app which allowed us to analyse our data on the ArcGIS software back in the classroom.

A Gupta



YEAR 9 SALFORD QUAYS TRIP





GEOGRAPHY TRIP TO SNOWDONIA

As part of our Geography Fieldwork, the Year 11 Geographers went to Snowdonia to examine Rivers and Glacial Landforms. The day consisted of two sections: from taking measurements of the River Conwy to walking round a massive corrie, inspecting types of rocks.

After a three-hour journey we arrived at the River Conwy. Here we split up into 2 groups and inspected different courses of the river. Here we took the width, depth and velocity of the river using different techniques. We then recorded this data and worked out the discharge of the river. Using the data from each of the sites, we were able to compare the discharges of the different areas along the river and saw how the discharge increased as the river got further from the source.

After lunch we embarked on a two-hour walk around a Corrie. We walked around this area with a guide who expertly explained the different geological and geographical landforms. We looked at how different types of rocks were carried by the glacier and how the corrie was formed.

Overall, it was a very enjoyable trip and thank you to Mr Bromley and the Geography department for making this happen.

I Cooper



We are all future stars, but some amongst us may become world renowned. Those with passion, with talent, those who are not afraid to showcase their flair. In AGSB there are many different people who are good at many different things. All in different year groups. Here are two young boys, that so far have demonstrated their talent and continue to work hard and hone their skills: Ryan and Daniel.

Ryan is in Year 7 and has already shone brightly in his music lessons and has begun his musical journey: he has mastered many difficult musical instruments. From his first music lesson, we all knew that he would be in the top music class. He plays many instruments in school and at home such as the Recorder, Saxophone, Violin, Piano and the Viola. Ryan practices six times a week, with Mr. Myers and with a private tutor.

Ryan will be at this school for another seven years each day hoping to get ever closer to achieving his musical dream. No music piece or instrument can ever defeat Ryan. When it comes to music, Ryan is invincible!

Daniel is another Year 7 pupil who has displayed a plethora of skills in the little time he has been at AGSB. But this time instead of musical skills, Daniel is a terrific athlete. He plays a range of sports from Cricket to Athletics and performs in every one. He plays for the Under-13 Hale Barns Cricket Club, Sale Harriers for athletics and in the school's cross-



FUTURE STARS



country squad and the A-team for both the school and for Altrincham Football Club; he has won many trophies such as the one shown on the left. When it comes to sports there are no limits for Daniel. When Daniel encounters any new sport, he undertakes it with pride, passion and determination.

Both Daniel and Ryan say that the best way to become good at something is to work hard and have lots of determination.

Just like all students, these boys have great potential. Like all successful people they must continue to do what they have been doing... working hard! This applies to anybody who has a strong passion for something.

In the words of Lionel Messi: "I start early, and I stay late, day after day, year after year, it took me 17 years and 114 days to become an overnight success."

Food for thought.

E Sattar

YEAR 7 BUSHCRAFT 2019

Bushcraft was an event many Year 7s attended. It is basically a camping trip which many of the older boys will remember going to.

I was fortunate enough to go to Bushcraft this year. When we got there from the long ride on the coach, we arrived at a muddy area with a distant view of the woods in the background. The trees seemed like giant thumbs pointing up at the sky and was colossal compared to our size.

Soon, we were merged into four different camps respectively. To get to our camps, we had to cross the mud and murky waters. People got wet and muddy. Many slipped. Nobody gave up.

There were a vast number of tents and two large yurts. After the tribe leaders introduced themselves, we were arranged into tribes. Our first activity was to start a fire and cook burgers on it. We all thought this task should have been easy but we were wrong...

After three hours of hunger and starvation, we all finally got to eat our burgers. Oh, how tasty it felt when we ate them.

Secondly, we had to build a shelter strong enough for us to sleep in. We all had to collect huge logs and little twigs. This task was not an easy one as we had to get the bits and pieces we needed before another group got them before us.

At night we all headed off to our tents. The tents were quite a formidable size, but it was still hard to accommodate eight plus people. Then, after getting our sleeping bags out, changing and brushing our teeth, we headed to bed. Unfortunately, it was freezing weather but we managed to keep ourselves calm and managed not to freeze to death!

The Second Day

On the second day, when we all woke up, our first activity was assigned to us. Chatter could be evidently heard from

miles away as we were all excited and full of energy, ready to focus on our tasks.

At lunchtime, the most important two things happened. Firstly, we watched our teachers chop up salmon. There was blood everywhere and many people refused to look. After that, a few people got picked to eat fish's eyeball. Generally, I thought this was disgusting but a few adventurous students managed to gulp it down. Most spat it out.

Secondly, a planned plane crash was put to the test. Smoke billowed out as we rushed to help the three teachers who were trapped. Although we learned all about first aid, Mr Carr was incredibly hard to get out as he was stuck in a bush. Eventually, it took all of our power to lift him and carry him to safety.

That night, when we slept the rain lashed down, but at least it wasn't cold.

The Last Day

On our last day, we were assigned to protect a marshmallow from 5 litres of water by picking up leaves and covering the marshmallow. Once everybody had covered their marshmallows, the tribe leaders came to pour the water and 2 or 3 groups managed to survive.

After that, we went back on the bus to school. It was a tiring three days!

E Xiong



DIWALI DHAMAKA

On the 2nd November 2019, the Hindu Sikh and Jain Society threw a party for students across Trafford to celebrate the Festival of Lights. Students came from AGSB, AGGS, SGS, MGs and Withington Girls. Diwali is the festival of lights, and it occurred on the 27th October this year. The most common reason people celebrate Diwali is to celebrate Rama, an exiled prince, who saved his wife Sita from the tyrant king Ravana. Diwali is one of the most famous cultural festivals in the world as it brings many people together, just as HSJ Society did.

The event consists of many parts, such as Dance Performances, Kahoot Quizzes, and of course an open dance floor with Bollywood bangers. Mr Soulsby, who helped us organise the event let us use the round tables and a speaker set to turn the Coleman Hall into the school's biggest indoor club-style area. Members of the HSJ brought decorations from their own houses and made the Hall look festive and cultural. The food came from a renowned Indian restaurant called Sai Spice, which provided the team with a full party dinner for 150 people.

HSJ managed to raise almost £1200 for SEWA UK, a charity that helps the less fortunate affected by poverty and natural disasters throughout the Indian Subcontinent. They are renowned for providing aid during the Chennai Water Crisis, Kerala Floods and also helped people in Nepal during heavy earthquakes. SEWA UK benefited from our huge donation and are already making plans to use the money that HSJ has accumulated.

Overall, the HSJ Society threw the first of many party events with all the students loving the party. Thank you to Mr Soulsby for allowing us to use the Coleman Hall and Dr Hepden for letting us use her room for the weekly meetings to let us organise it. Thanks also to photographer Maanav Popatkar for taking photos during the event.

D Ganesan



INTERVIEW WITH MR CAMMACK

AGSB 1:32 PM 75%

Messages Mr Cammack Details

How did it feel to come back to the school where you were once a pupil, but now as a teacher?

The first few weeks were very strange, especially going into the staffroom but at 21 years old I was, and still am, very grateful for the opportunity to come back to such a fantastic school and a school that gave me so many opportunities as I was growing up.

Which current AGSB teacher gave you detention when you were in Y7, and what for?

Mr Timmins – For using foul language in the south yard – he must have misheard me!

What made you want to come back to AGSB and work as a PE teacher?

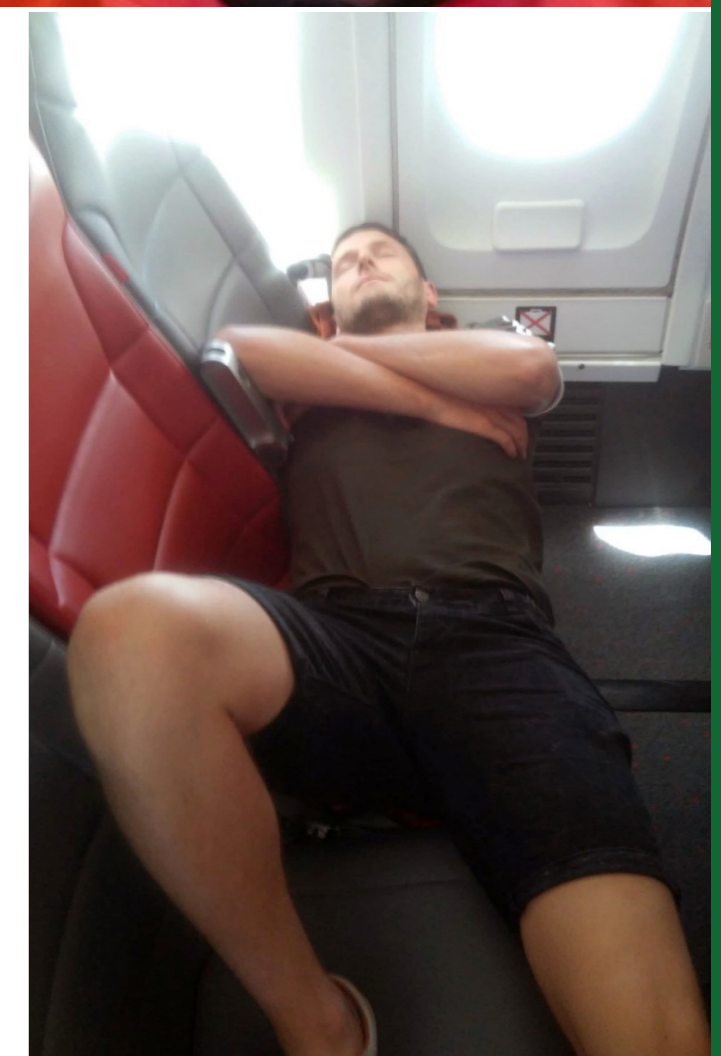
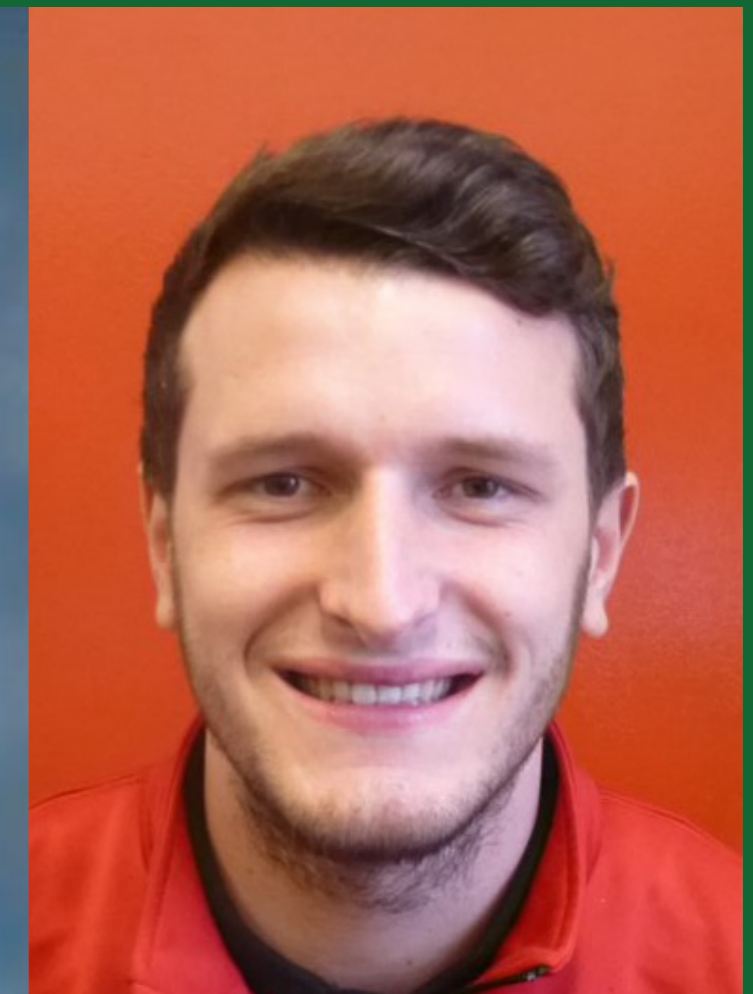
My first experience of coming back to school not as a pupil, was a two-week period of voluntary work shadowing Mr Birtwell to see if teaching was something I would like to do for a career. After thoroughly enjoying the experience I successfully applied for my teacher training course and luckily in the third term, a vacancy came up at AGSB. I knew instantly I wanted to come back here and teach with it being such a well-respected school and having such a strong ethos. It also helped that I was familiar with all the processes, layouts, school day etc. and therefore the transition into main school teaching would be a smooth one.

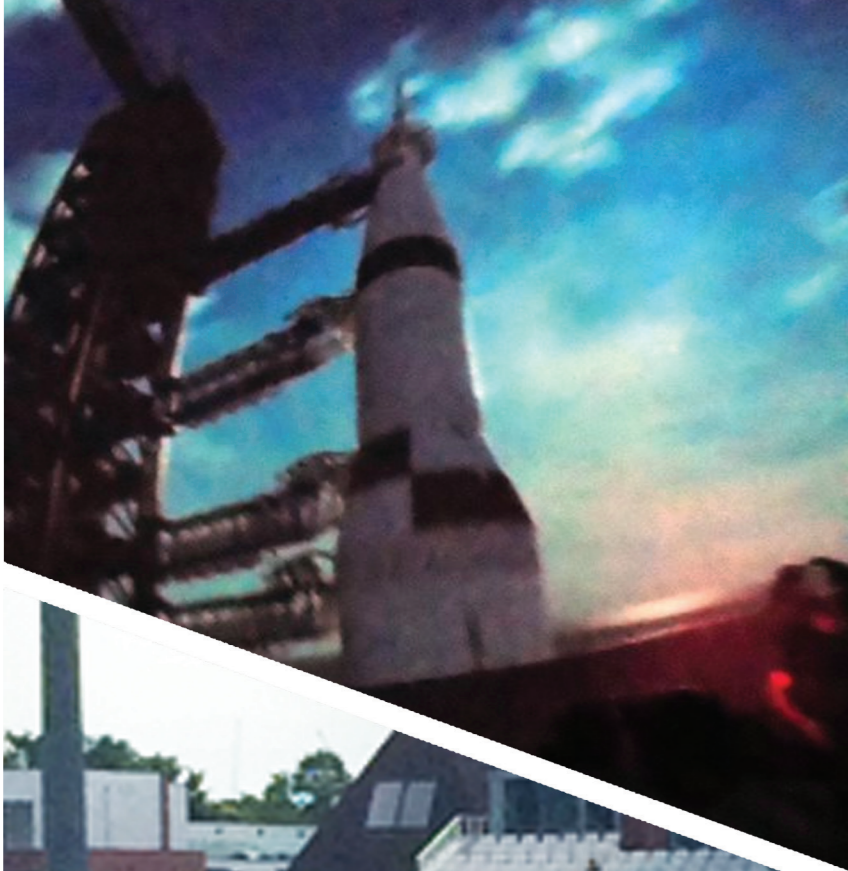
Do you feel like a hypocrite telling people to tuck their shirt in when you never had yours in?

I did back then, and still do now, play by the rules!

What inspired you to pursue the role of Head of Year?

Working with other pastoral leaders in my first year of teaching gave me a real insight into the HoY role and how you can have a positive effect on a greater number of students. This inspired me to take my career down the pastoral route and it has made me proud to see so many pupils work hard, and progress academically but also showcase their talents through extra-curricular activities.





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