

Mill Hill Magazine





Mrs Frances King
 Head, Mill Hill School
 CEO, Mill Hill School Foundation

Welcome to our spring edition of the Mill Hill Magazine

Writing as we are near the beginning of the year the distinct need is for articles filled with energy which motivate us to take up our own projects. We are, therefore, delighted to have articles written by two of our OM alumni, Ben and Leanne, which outline the exciting initiatives they have been engaged in.

These projects no doubt generated some stress along the way, with which we can all associate, whether setting up new companies or working to get an essay completed in time. Our introduction to Ruby Wax's book, *A Mindfulness Guide for the Frazzled* might offer a resource which could assist with such moments. Described modestly as 'outrageously witty, smart and accessible, Ruby Wax shows ordinary people how and why to change for good': it is identified as relevant for relationships, parents, children and teenagers – most of us should find something of interest.

In keeping with Ruby's thoughts about mindfulness, we include within this magazine insights into the pastoral and co-curricular life of the School. With a central vision within the Foundation of 'equipping pupils for life now and in the future' we believe that our supportive House system, together with our wide range of activities, provides a strong foundation from which the full human spirit can be developed.

I hope you enjoy reading the magazine.

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Edited by
Mr Tony Binns



Delighted as we were that our opening feature in Issue I of the Mill Hill Magazine was by Sir Anthony Seldon, taking as its subject education for the 21st century, this presented a challenge: who could follow him?

It's all in the mindfulness

Ruby Wax's 'Frazzled' Reviewed

by
Mr Tony Binns

In fact, one thing led to another – having acted as Sir Anthony's chaperone when he visited as Guest of Honour on Foundation Day, I was pleased to be invited to attend an IPEN conference soon afterwards (International Positive Education Network) at which Ruby Wax was the headline act, introducing her recently published book *A Mindfulness Guide for the Frazzled*.

The premise of the book, as the title suggests, is that we are all 'frazzled' – completely exhausted – and its promise is that it will, "show us how to 'de-frazzle' for good by making simple changes that give us time to breathe, reflect and live in the moment". Appropriately enough, it took me some time to get round to reading 'Frazzled', but having done so I can certainly recommend it; like Anthony Seldon, Ruby Wax is a great performer and knows how to entertain as well as inform and, in the case of this book, to inspire.

Mindfulness is at the heart of 'Frazzled', and its various facets are explored: 'mindfulness can really help with sleeplessness, worry about exams, anxious thoughts and anxiety and eating disorders'; 'by learning to emotionally regulate ourselves through mindfulness practice we're re-routing our more primitive reactions to the higher brain'; '... self-compassion – the bedrock of mindfulness'; and 'mindfulness is being aware of awareness'.

So why does being mindful matter? This question is answered in a number of ways: through a crash-course in neuroscience; through observation and (often hilarious) anecdote and through a 40 page 'Six-week Mindfulness Course' – a practical guide to exercises and routines which can help the reader to manage their thoughts, control their emotions and achieve higher levels of happiness, well-being, health and fulfilment.

With an OBE for services to mental health, as Visiting Professor in Mental Health Nursing at the University of Surrey and holding a Master's degree in mindfulness-based cognitive therapy from Oxford University, Ruby Wax has used her own periods of depression, and the angst which resulted from her upbringing (she was labelled a low achiever at school, her mother suffered from OCD) to drive her relentlessly on to learn how she can better understand her own life, and in doing so improve that of others.

The section on 'mindfulness for older kids and teenagers', alongside that devoted to parenting and managing relationships, links well-substantiated neuroscience to feelings and behaviour and makes 'Frazzled' a practical guide for all ages to managing that friend, foe and curious entity: your own mind.

Ruby Wax's new book, *How to Be Human: The Manual* is out now, priced £14.99
A Mindfulness Guide for the Frazzled is available in paperback at £8.99 (Penguin Life)



'New House': new home

An insight into boarding life



As demand for boarding grows, we were delighted to open New House in September. Given that it existed previously as Cedars (boarding) House, it could be more accurate to describe it as Re-New House.

by
Alina Merkel (U6)
and
Nhi Hai Hoang (U6)

New House is home to 24 girls from all around the world for whom boarding is a new and exciting experience.

Probably the most rewarding aspect of boarding life is the chance to meet new people from many countries and to learn about their culture and lifestyles. Living under the same roof, we are taught to look after one another and have learnt the importance of sharing; whether this is a cookie after dinner or a scarf on the way back to House!

Over the weekend, in addition to the Saturday morning Activity Programme which includes academic workshops, private study or cooking sessions to name but a few, there are other interesting activities which we can participate in. For example, going for a hike around Barnet, playing frisbee and having pampering sessions in House.

We often go into central London, just a short tube ride away, to visit markets and galleries, explore other attractions and, of course, go shopping!

Being a boarder has allowed us to develop self-reliance and discipline. Living in the School has improved our academic level, as study time is used very effectively. We can confidently say that the boarding experience has made us more mature and responsible.

Our lovely boarding house has everything we need and the best part is the newly refurbished furniture and facilities. Imagine being the first person to lie on a bed... it is quite amazing!

Our boarding house is our second home, our extended family and where we make friends for life!

Our boarding community comprises the following 32 nationalities:

American Azeri Belarusian British
Bulgarian Canadian Chinese Egyptian
French German Greek Hungarian
Indian Iranian Italian Japanese
Kazakh Korean Kyrgyzstani Latvian
Lithuanian Mexican Moldavian
Nigerian Polish Portuguese Russian
Spanish Taiwanese Thai Turkish
Ukrainian

Masculinity in the modern age

As well as preparing to mark International Women's Day later this term, we also gave pause to consider International Men's Day last November.



by
Mr Sam Baldock
Assistant Head
(Teaching and
Learning)

The decision to mark the occasion did not go unchallenged, as some argued that the patriarchy ensures that "every day is International Men's Day". The health inequalities that Men's Day seeks to draw attention to, such as the high incidence of male suicide, are dwarfed by international inequalities for women in literacy, harassment, representation in the workforce and status in legal systems. However, it felt timely to consider men – and masculinity – at this crossroad in the development of our society.

Masculinity simply means the traits associated with men – so if you think of masculinity as meaning strength, bravery or competition then these are the traits your culture has associated with men. As we carry out more cognitive science we discover that so many gender differences previously ascribed to differences in neuroscience are rather more likely due to gendered upbringing. For example, in UK studies men outperform women in tests of spatial reasoning, but if you test in populations like the Khasi in Northern India (where the society is matrilineal, so wealth passes to daughters and education for girls is valued) we see similarity in performance. Gendered differences in children's toys and clothing are obvious - the blue action figure with bulking muscles versus the pink kitchen set of pretend food – but it is often the unconscious biases we have about gender that chip away at expectations of behaviour.

Sadly for men, the traits we have previously associated with masculinity are precisely those we will not need in the 21st century: machinery now does the heavy lifting and aggression is outsourced to specialists in the armed forces. When economists look at the jobs that will survive automation, it is those requiring skills of collaboration, flexibility and patience that will be safe from the robots – traits that we have historically associated with women. The gender gap in admissions to higher education is also continuing to widen, with UCAS predicting that the next generation of girls will be 75% more likely to attend university than boys.

For men to survive they may need to recalibrate the traits they aspire to, and central to this must be a greater awareness of and comfort in discussing their emotions. Emotional illiteracy affects survival just as functional illiteracy does. Women in areas where diseases like malaria or HIV are prevalent are at greater risk because poor reading skills mean they do not learn about infection; so men in the UK who cannot show vulnerability or empathy will struggle to form effective relationships and manage their mental wellbeing.

At Mill Hill we are building on the work of the Mill Hill MINDS, a pupil group considering mental health in our school community, and our Opening Doors Gender Balance Project with KCL, to continue to reflect on what it means to be a man – and how masculinity will need to adapt in order to survive.

(Adapted from a recent Chapel Service)

Mind matters

Psychology at A Level – an insight into this recently introduced subject.

Miss Hollie Kimber, Teacher in Charge of Psychology, gives the following overview of her subject:

“Studying Psychology will allow you to have a better understanding of the human mind and how everyday behaviour is influenced by the world around us. It enables students to develop their critical thinking, evaluative skills and have a better understanding of many social, scientific and contemporary issues involved in our daily life.”

Two of our first cohort of students sitting their A Levels in Psychology this summer share their thoughts on how they are progressing in this recently introduced course, which certainly seems to align well with the Mill Hill goal of ‘preparing pupils for life now and in the future’.

A key element of the Psychology course at Mill Hill involves investigating hypotheses and interpreting findings. Through the research project at the end of year one, we develop a range of research and analytical skills, gaining a practical understanding of this process. From here, these findings from studies can be applied to an array of contexts, which links Psychology to many other A Level courses.

This applicability highlights part of why I believe that ongoing psychological study is important worldwide; it has influenced, and will continue to influence, the way people perceive different issues in society. For example, my psychological studies have become an integral part of my English A Level course, with psychodynamic theories lending themselves to Angela Carter’s and Bram Stoker’s work. Similarly, the mathematical element of the course is developing transferable skills which should serve me well whichever career I choose to embark on.

by
Luca Cicale (U6)

My natural attraction to the study of Psychology necessitated a change of school at Sixth Form. Both Psychology at Mill Hill and the A Level itself have a multi-disciplinary nature and provide for me a rigorous intellectual framework within which to question the most fundamental phenomena. Forming a bridge between the sciences and humanities, Psychology pertains to every subject you may choose to take; whilst my other A Levels (Art and Drama) may not present as complementary initially, this trope of Psychology remains truthful here too, as both subjects concern the integration of the physical form with the human psyche.

Both Luca and I, along with many other students this year, are planning to study Psychology at University. As a degree, it is flexible and transferrable to a myriad of fields of work; another reason, however, for studying the subject is for pure enjoyment, which is a result of its teaching at Mill Hill. With an expanding department, the teachers are dynamic and inspiring, and are one of the key attractions of studying Psychology.

by
Seraphina de Rougemont (U6)



Beatrice Barbulescu (Fifth Form)

Home from home

The House System – ‘supporting pupils in the passage from childhood towards adulthood.’

Anyone associated with Mill Hill will know that a central part of school life is the House system. Each House shapes its own character as a result of the influence of the Housemaster or Mistress, Head of House, the pupils within the House, and how this unique and changing combination works together.

Arranging a large school community around a House system is not unique to Mill Hill but it has certainly been hugely influential in shaping the personality of the School. Many comment on the friendly and welcoming nature of our pupils, and also on the strong pastoral support that they get. These two factors are closely interlinked: we strongly believe that happiness is critical if a child is to thrive

and therefore we continue to work hard to ensure that a safe and secure environment is provided through the House system.

Recent changes were made to the location of each House, placing five of the seven in the corridor above the Octagon. Bright colours and contemporary furniture have livened up these areas, providing attractive recreational and study spaces. With the large windows looking out either onto the rural scene of Totteridge Vale, or onto the School parkland, these Houses have both light and inspirational views to enjoy. Atkinson and McClure remain in their original location but have also enjoyed a refurbishment with brighter colours and new furniture.

by
Mrs Frances King

“What I think is most important to me about House is the constant supply of snacks and chat in Miss Bignell’s office!”



1807 Society Aikido Club Amnesty
 International Art Astronomy
 Badminton Club Basketball Squad
 Board Games Club Business Society
 Community Action Careers Clinic CCF
 Cheer Leading Chess Choir Computer
 Games Cookery Creative Writing
 Cricket Nets Cross Country Dance
 Debating Society Design Ventura Club
 Drama Economics Society English
 Society Enterprise Education Group
 EPQ First Aid Training Fives

Formula 1 in Schools Geography
 Society Gym Golf Horse Riding Salsa
 Investment Club Model United Nations
 Netball Pilates Politics Society
 Programming Club Raspberry Pi Club
 Robotics & Engineering Club Rubik's
 Cube Club Science Club Street Dance
 Strength & Conditioning Swim Team
 Table Tennis Club Tabata TED Talk
 Club Tennis Squad Theology Society
 Touch Typing Ukulele Club Volleyball
 Club Yoga Zumba

by
Mr Tom Vercoe
 Assistant Head (Co-curricular and Sports)
 and
Mrs Sarah Ward
 Activities Co-ordinator

This list gives a flavour of what is on offer – to view the full range of activities, please visit the Co-curricular / Activities section of the School website.

The definition of a successful Mill Hill pupil goes far deeper than a stellar set of examination results. We aim to nurture young adults who have the ability to excel in whichever area they wish. To this end, we have identified characteristics of

leadership, team work, curiosity, resilience, confidence, creativity and independent thinking as key personal traits which drive our extensive, broad and challenging co-curricular programme.

This is an area of School life of which we are rightly proud, believing as we do in the importance of a holistic approach to education.

The Activity Programme

Sport goes from strength to strength

Mill Hill Sport has been an exciting place to be over the past year, with lots of new faces and developments.

The promotion of football as a major sport for boys at the School is arguably the biggest change we have made recently. We look forward to our pupils competing against other top football-playing schools under the expert guidance of our newly appointed Head of Football, Mr James Bedford.

Our exceptional cricketing grounds and facilities have been recognised through our new partnership with Middlesex CCC to become the home of Middlesex Ladies' Cricket. The partnership has been underpinned by the appointment of Mr Sanjay Patel as our new Head of Cricket. Mr Patel, who has just returned from New Zealand where he was coaching the NZ women's and West Indies men's teams, retains his role as Head Coach of the Middlesex Ladies' 1st XI to help consolidate the partnership.

Our new Assistant Director of Sport/ Director of Rugby, Mr Aaron Liffchak, has had a huge impact this year. One of Aaron's first initiatives was to introduce a Director of Rugby Internship, the first of its kind in the country. This is aimed at professional rugby players who are considering a career in the education sector.

It has been an enormous success in its first year, with England and Lions legend George Kruis as well as Old Millhillian and Saracen Tom Lindsay working alongside our sports teams for two to three days a week, gaining a valuable insight into the role and its responsibilities.

Our burgeoning Strength and Conditioning team has allowed our pupils, quite literally, to go from strength to strength since their arrival in September. The addition of five specialist Strength and Conditioning staff has helped to redevelop the conditioning suite and helped pupils throughout the school to gain a better understanding of staying healthy, whilst pushing our Sports Scholars through their one-to-one sessions. They have also been instrumental in extending our sporting provision by helping introduce such activities as pilates, cheerleading, sprint mechanics and equestrian eventing.

Looking ahead, Sports tours to Japan and Dubai have been confirmed for the year ahead and help to demonstrate the ambition and excitement that surrounds Mill Hill Sport in this current phase of its development.

1. Jumping for gold, Remove student Georgina Ward enjoying her trampolining lesson in core PE.
2. Director of Rugby Interns: Saracen and Old Millhillian Tom Lindsay; England and Lions legend George Kruis.
3. Lower School Sports Scholars working hard during their weekly Strength and Conditioning session.
4. Mill Hill's U14A right wing Jack Baruch.
5. Mill Hill School's very own Ethan Bamber (OM) making his international debut for the U19 England Cricket Team v South Africa.
6. Sports Scholar Charlotte Kilbourn representing Atkinson House during the inter house hockey tournament.

by
Mr Aaron Liffchak
Assistant Director of Sport,
Director of Rugby





MILL HILL MAGAZINE 16-19



FARROW PRIZE WINNERS 2018

Fourth Form Prize *Alissa Binns*
 Junior Art Song *Ethan Jacobs*
 Junior Musical Theatre *Azzurra Corbett-Englaro*
 Senior Art Song *Djantai Otorbaev*
 Senior Musical Theatre *Chantelle Duru*
 Junior Opera/Oratorio *Ellen Baumring-Gledhill*
 Senior Opera/Oratorio *Finlay Martin*

Junior Pop/Jazz *Isabella Bodnar*
 Senior Pop/Jazz *Jiayi Li*
 Ensemble Prize *Justin and Ethan Jacobs*
 Accompanist Prize *Zany Denyer*
 Audience Prize *Jiayi Li*
 Helmore Prize *Daisy Martin, Sona Visavadia, Shanze Naqvi*
 Farrow Prize 2018 *Jerry Wu*

The Music School is extremely grateful to all staff, parents, and pupils who give their time and goodwill to help make this such a successful event.

The Farrow Final goes global

by **Mr Kevin Kyle**
 Director of Musical Performance

The Farrow singing competition takes place every Spring Term over two weeks. Pupils work extremely hard in the months leading up to the competition, preparing varied programmes of vocal music that include art song, opera/oratorio, pop/jazz, ensemble singing, and musical theatre.

The heats take place over the first week of the fortnight and the audience of parents, participating pupils and spectating pupils are treated to over a hundred different vocal performances. The heats are judged by professional singers and this year we were delighted that Florence Taylor, Rose Miller (OM, Atkinson 2012) and Benedict Kearns (OM, Weymouth 2013) agreed to judge, by selecting three finalists for each category.

The final of the Farrow Singing Prize is a big occasion for the School, with performers dressing up in black-tie/evening dress for the occasion. There was even more excitement around this year's final because the performance was being live-streamed for the first time. Cameron Fox (Priestley) masterminded the live-streaming to the School's YouTube channel and parents, family and friends who were unable to attend the performance, watched from the comfort of their own

homes and offices. This was particularly poignant as five of the prize winners were international pupils, with parents in other countries. We also introduced an online voting system for the Audience Prize this year: audience members and viewers alike were able to login on their phones and cast their vote and Jiayi Li of New House was the winner.

Cambridge-educated, RADA-trained actor and international singer, Jeremy Finch, the adjudicator for the final, was treated to a vocal concert of tremendously high standard. He spoke in considerable detail about the singers' artistic choices and gave extremely helpful advice to the pupils, before announcing his choices of prize winners. Thirteen prizes were awarded at the end of the evening, with Jerry Wu (Ridgeway) winning the Farrow Prize 2018.

The Music School is extremely grateful to all staff, parents, and pupils who give their time and goodwill to help make this such a successful event. With the Farrow Prize now behind us, the instrumentalists are gearing up for the equally prestigious Instrumental Music Competition, which takes place later in the Spring Term.

The Music School has enjoyed an exciting few months.

Mill Hill is alive... with the sound of music

The Scholars' Concert at the start of the year was a huge success, with exceptional solo performances from both senior pupils and new pupils in only their second week at Mill Hill. It has been tremendous to see the effort put in by the senior pupils to help the new pupils fit in and learn about the department.

The Music School hosted its first Fourth Form Concert, with 143 pupils performing the Anvil Chorus from Verdi's *Il Trovatore*. There were also some stunning performances from the Fourth Form Vocal Ensemble conducted by Omre Urmani

(McClure), cello soloist Nicolas Ponticos (School), Fourth Form String Group conducted by Ellen Baumring-Gledhill (Murray), and the Percussion Ensemble.

Just one week later, the entire Music School performed in the annual Music School Concert and over one hundred musicians were involved in the performances by Wind Band, Symphony Orchestra, String Ensemble, Jazz Band, Big Band, Glee Club, Shout Band and many other ensembles. Music ranged from *Mars*, the first movement of Holst's *The Planets* to Stevie Wonder and Adele.

Other highlights of the Autumn Term were the Chapel Choir leading the services of Foundation Day, Remembrance and Nine Lessons and Carols – in which they produced a stunning performance of traditional and modern Christmas music to a packed-out Chapel. The Chapel Choir works extremely hard throughout the term to prepare for these occasions.

We are delighted that Michael Tuft (Murray) has been offered the role of Choral Scholar at Truro Cathedral for next year and we are also thrilled that Justin Jacobs (Atkinson) has been awarded a place with the National Youth Choirs of Great Britain.

The Music School is engaged in a number of high profile events this term, beginning with the Farrow Singing Competition and continuing with the Instrumental Music Competition, the Jazz Band Soirée, Service of Evensong and the Choral Society's performance of the Mozart *Requiem*, accompanied by the London Sinfonia. We are also looking forward to the Music School residential trip to North Wales at the end of the Spring Term, with a performance at Chester Cathedral. We would like to take this opportunity to thank all parents and friends for their support.

by
Mr Kevin Kyle
Director of Musical Performance

Izzy Ward, director of the winning play in this term's House Drama Competition, *Dr Faustus*, warns against selling your soul to defeatism.



Cedars are leaders

Whilst the entire process of the House Drama Competition was one of immense pressure and responsibility, as director, I was determined to win the event with my group of exciting, energetic actors who I knew could deliver.

We are Cedars: a House bathing in a certain notoriety for not winning anything, and accepting that fact. Yet, I was not ready to tolerate this mindset and began brainstorming ideas for the best play. For many months, I had been planning the House Drama in my head (getting into the Final was not enough!) and always knew that *Dr Faustus* was the play of my dreams. When Mr Proudlock announced the theme of 'saints and sinners', you could say I was laughing. I spent the summer reading the whole script, translating it on my own and rewriting it in a modern context, stripping it of its dated concepts. I came down to one conclusion: this play is controversial, thus we must deal with it in a controversial way. This was initially quite difficult as it was a school play after all. Following many

debates with my parents over what would be plausible on a school stage, I reminded myself that theatre is there to challenge and discuss things that we shy away from.

Our rehearsal process looked promising, with some of the brightest actors in the School putting themselves forward to be a part of my colossal vision. At first my plans were hard to get across without laughs and doubt but the cast soon warmed to it, offering their own ideas. Their suggestions and improvisations were what made the play: without them it would not have been as successful. Each individual character brought their own bit of flair and individuality, being bold enough to add parts which did not exist in the first draft, as well as introducing some rather contentious content.

Mawuli Diliza shone, driving the play and conducting characters around him in the coolest of fashions whilst giving the mind-blowing, as well as humorous, portrayal of Faustus himself. The whole

cast – Shayna Ajavon, Alex Wallace, Dylan Rodwell, Xavier Thompson, Zach Brown, Reuben Brown, Milly Perkins and Danny Golizadeh – worked incredibly hard to make the play what it was, meaning that the rehearsals were really fun and entertaining.

The end result was more than I could have hoped for, providing the light-hearted entertainment that the competition needed, with excellent backstage work and lighting from some amazing volunteers. In the final, some of us actors were nervous as we were up against three brilliant plays, providing some tough competition. Yet, I think that is what Cedars are best at: being humble. We never expected in our wildest dreams that Cedars House would win this competition but all the hard work massively paid off, confirming that Cedars should never be underestimated!

by
Izzy Ward (U6)



Pressing for progress

Celebrating International Women's Day and 44 years of girls at Mill Hill.

by Mrs Frances King

In a year that marks the centenary of the vote for women, we at Mill Hill School are celebrating our own special event for girls, with the formal opening of our new girls' boarding house, New House, on 10 March. This date almost coincides with the annual International Women's Day on 8 March whose theme this year is 'Press for Progress'. We felt this would be a good time to celebrate the progress that the Foundation has made since it first introduced co-education 40 years ago. Alumnae have been invited back to the School on 10 March to join our current pupils.

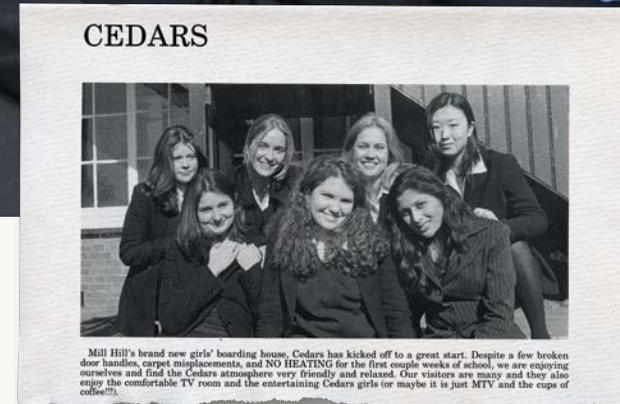
At the event they will hear Leanne Armitage, OM, speak about her own personal achievement as the recipient of the Queen's Young Leader Award, prior to formally opening the boarding house. We hope that Old Millhilliennes will enjoy the opportunity to return to School, to meet current pupils, to share their memories of their time here, and to tell us what they have gone on to do since leaving.



Opening of Cedars



McClure 1977



Cedars from the 1997-98 Yearbook

1885

The pupils voted "woman has had more influence on mankind than man"

1974

The first full time girl pupil joins the School with part time girl pupils from the Mount School

1976

The first McClure House day girls join

1977

The first girls formally join the Sixth Form

1977

The first substantive female member of staff

1997

The first Fourth Form pupils arrive

1997

The first girls' boarding house built on the site of the former Sanatorium; converted to a co-ed Day House in 2005

2017

Cedars and Priestley House are converted back into a girls' boarding house, New House

Seeing beyond the barriers

by
Theo Sergiou (L6)

At just several months old my mother spotted a white glow in my eye and took me to the local GP to be examined. The GP dismissed my case on numerous occasions and my mother finally insisted that I should be properly checked; I was put on a four month waiting list. Immensely concerned, my parents could not wait this long and so rushed me to hospital where I was diagnosed with bilateral retinoblastoma (cancer in both my eyes), found to be blind and prepared for immediate treatment that same day.

After 20 painful rounds of chemotherapy and radiotherapy, doctors regained some of my sight and I was sent to spend Christmas at home for the first time. However, several years later I was diagnosed with cancer again – this time it had reached my optic nerve. It was no longer a battle to save my eyes: it was a battle to save my life. The tumour had grown so big my parents and I had been told I had only a few days to live – the cancer was terminal.

Distraught, we prepared for the worst, yet insisted on continuing the fight and the treatment. I still ran into the radiotherapy room grabbing the mask, putting it on my face singing 'twinkle twinkle' until I fell asleep. Although I was dying I never lost hope; I fought because that's all I could do. Then one day the tumours froze – they did not shrink, but to everyone's amazement they stopped growing. I am still partially blind and in fear, knowing that the cancer

could come out of remission one day and kill me, but I survived to tell the tale.

Ever since, I have been determined not to be demotivated by anything, and to achieve everything I set my mind to. The education system dictated to me what I could and couldn't study, attempting to force me into a Special Needs school which meant I had to prove that I could study in the mainstream. Teaching myself how to read and write at a very late age I was always bottom of the class, getting 3's in both English Literature and Language mocks just months before my GCSE exams – I strived to improve my ability. Amazing everybody, including myself, I achieved two 8's (A*) in both English papers – my determination had paid off.

Despite many people advising against it, due to my impaired vision, I would throw myself into playing sports such as rugby. I devised an inclusive way to get involved; coaches would scream on the side line the location of opposing players as I ran towards them (eg 'winger left!'); players would shout their name whenever they caught the ball so I could hear exactly where the ball was on the pitch and my team mates would clap their hands so I could throw the ball directly at them. I soon came to realise, anything is possible.

You should never turn down an opportunity because of indifference or a defeatist approach. It's not just the fact that you can achieve the goal: it's because you might not



be able to tomorrow. Do whatever you can with all the effort you can give and don't let anyone distract you from your goal. I have started my own project and built a school in Ecuador using my own initiative and fundraising, despite officials telling me the idea was 'ludicrous'. I co-founded Bart Health's YES forum which organises mentoring schemes, where I would contact adolescent cancer patients and support them throughout their treatment. I was nominated for a BAFTA and won an International EMMY award whilst acting and directing in various productions.

Applying to study in Mill Hill reflected an aspiration that I had been working towards for years. Being offered a place on a full bursary felt surreal, and has meant that I have thrived in many areas that I had never attempted before; climbing, shooting, comedy, fives and even analysing History! I have embraced every opportunity that Mill Hill has to offer, and I proudly say I do not have one free lunch time in the week. I am extremely grateful for all support I have been given; without it I would not be in the fortunate position I am today.

Life is difficult for everyone in different ways, but faced with great challenges we are all capable of making the impossible possible. Of course, ensure everyone else is coping too, but discover what you really want, and fight for it. You can do it.

(Adapted from a recent Chapel Service)



Ben Corrigan (OM) right and his business partner Jonny Plein (OM)

I believe that Mill Hill School was instrumental in nurturing this 'anything is possible' attitude.

Taming the dragons

by
Ben Corrigan (OM)
Co-Founder and
Chief Revenue Officer
www.joinpouch.com

In late September 2017 I had the great privilege of speaking at Mill Hill to the Lower Sixth Form, and then the newly formed Business Society, about my experiences as an entrepreneur. Whilst much of my presentation centred around my experience on the BBC's *Dragons' Den* and the explosive impact this had on our company, I was just as keen to highlight and promote entrepreneurialism and start-ups as a genuine career path to be considered alongside more traditional pursuits such as Accountancy and Law.

I have worked in start-ups for my whole career. After leaving Mill Hill in 2009 and studying Law at Leeds University, I decided to enter the wild world of technology start-ups. I joined a very small advertising-tech company named Yieldify as the fifth employee. Two years later, Yieldify was the fastest growing tech company in Europe with over 150 members of staff and an \$11.5m investment from Google. Needless to say, it was an unbelievable experience which motivated me to create my own start-up called Pouch with my fellow Mill Hill alumnus Jonny Plein in mid-2016.

Since founding Pouch, the company has gone from strength to strength. We have won several awards, been named in the 'Top 20 founders to watch', been featured in every single national newspaper (as well as the *Jewish Chronicle* and *Ham & High!*), attracted hundreds of thousands of pounds in investment, hired ten people, moved into our own offices and, of course, been on *Dragons' Den* where we received offers from every single Dragon (making us only the third company ever to achieve this outcome).

We are now entering 2018 with global expansion in mind and are incredibly excited. I mention all of this because I believe that Mill Hill School was instrumental in nurturing this 'anything is possible' attitude, and the creative confidence necessary to starting a business. Hopefully, other pupils will also consider a career in start-ups and have as much fun as I have had these last few years. I am always available to offer any help or advice via my email address: ben@joinpouch.com

Thanks Mill Hill!



QUEEN'S YOUNG LEADER 2018



Our amazing medic

Leanne Armitage (OM) reflects on royal recognition and giving something back...

I was absolutely ecstatic when it was publicly announced in December, that I had been selected to represent the UK as one of the 2018 Queen's Young Leaders. The Queen's Young Leaders programme has been running for the past three years and this year's will be the final one. The programme recognises young people (aged 18-29) from across the Commonwealth who are doing great things to benefit their community, further enhancing the impact of their work. The programme will culminate with a one-week residential course in June 2018, during which Her Majesty The Queen will present the awards to the winners.

I believe I was selected as a Queen's Young Leader for two main reasons – the first being the 'Leanne's Amazing Medics' programme which I set up and run, and the second being my personal story of overcoming challenges in order to pursue my dream.

The 'Leanne's Amazing Medics' programme is a six-session course delivered over six months. It is designed to increase the number of successful medical applicants from under-represented backgrounds, providing students with a holistic understanding of what it means to be a doctor, whilst equipping them with the skills and confidence that will help them achieving their goal of studying medicine.

The ABC Bursary is what allowed me to study at Mill Hill School for my Sixth Form education. I am very grateful for having had this opportunity as it definitely helped me in my pursuit of studying medicine. I therefore know, through first-hand experience, what the benefit of investing in a young person's life can be. As a consequence, I am passionate about doing the same with the resources I currently have through my 'Leanne's Amazing Medics' programme.

If you would like to support in any way, feel free to contact me at:
admin@leannesamazingmedics.com

The Mill Hill School Community reaches across the generations and around the globe.

Mill Hill: a global village

by
Mr Nick Priestnall
Director of Development

The Mill Hill web stretches extensively around the world. In mid-January Nick Priestnall, Director of Development, and David A B Brown (Burton Bank 1956-61), President of the Old Millhillians Club, saw Old Millhillians and Old Belmontians in Vancouver, Portland Oregon and San Francisco where we were joined by Charles Roberts, grandson of Rooker Roberts, founder of Belmont School (see photo). Ages ranged from 25 to 81 and professions included scrap metal merchant, naturopathic healer, architect, cyber security recruiter...and (legal) cannabis distributor. They reminisced with affection and were pleased to learn of Mill Hill School today and especially interested in the A Better Chance Bursary scheme through which alumni in North America support a

young person in the School. In March Nick and David will be joined by Mrs King at reunion and fundraising events in Montreal, New York, Washington, Philadelphia and Florida. No one can say Mill Hill does not have global connections. Our alumni provide invaluable networking opportunities for fellow alumni and, indeed, current pupils. When not seeing them in their home countries, the School is pleased to welcome alumni back to London NW7. On 27 January 60 of the Leavers and Staff from 1987 and 1988 came back to mark 30 years since they left. They had a great time meeting old friends, former teachers and their old Headmaster, Alistair Graham. A number of them are major donors to our various campaigns; one is a Governor and several are now parents of children at Grimsdell,

Belmont and Mill Hill – the circle is complete. The Mill Hill School community truly reaches across the generations and around the globe.

A BETTER CHANCE

The second ABC Ball took place in October and raised an amazing £56,000 towards bursaries. Many thanks to the organising committee, the sponsors and all those who attended and bid on auction items. It was a fantastic evening with brilliant musical entertainment provided by Totem (Manager, Old Millhillian James Alexander) and moving speeches by current ABC Bursary beneficiary Nhi Hai Hoang and former beneficiary Joshua Jackson. Major donors from the parent and OM communities have made generous pledges recently too. Together these enable the Bursary Committee to make additional awards for this September, ensuring our ability to provide opportunity to talented young people.

RUNNING FOR FUN

The ABC Ball extended the fundraising involvement with bursaries from alumni to current parents; this year we are also involving the pupil community with our inaugural Fun Run on 14 September. Participating pupils from all four Schools will support the A Better Chance campaign through sponsorship. At the end, a group of intrepid parents and staff will set off on a sponsored bike ride to Paris. We look forward with excitement to this innovative event.



Nick Priestnall, Director of Development



The OM reunion dinner in San Francisco

Artwork

Francesca Graville (Fifth Form)



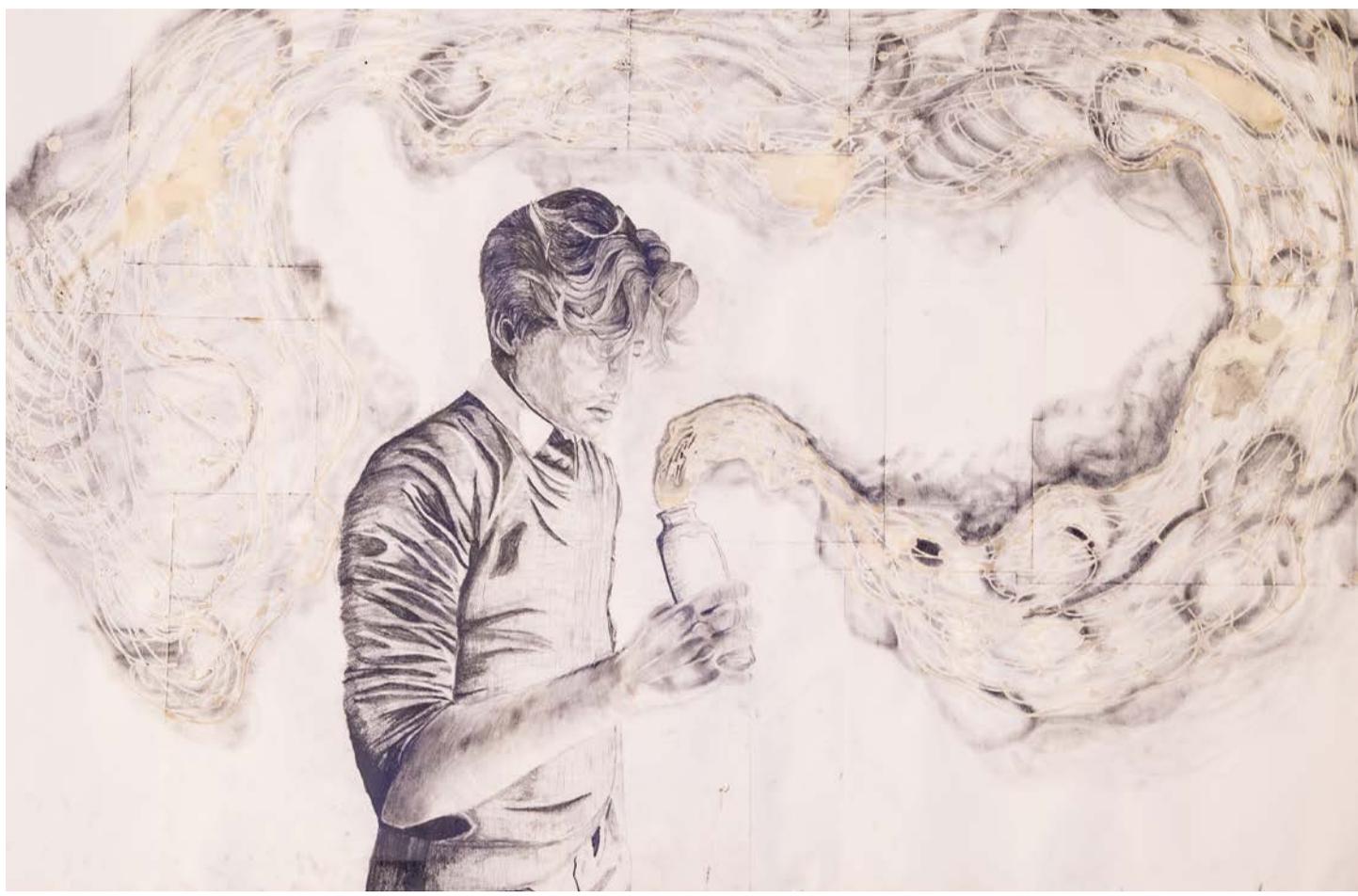
Beatrice Barbulescu (Fifth Form)



Nicole Ferman (Fifth Form)



Joseph Cansfield (U6)



Gaby Skomorowska (U6)



Charlotte Block (U6)





Mara Berger (Fifth Form)

Valete

We bid farewell to the following colleagues, whose valued contribution to the life of the School is recognised here.

Tony Caligari

Joining the Foundation in 1975, Tony is one of our longest serving members of staff, clocking up a remarkable 43 years. Having begun by learning his trade around the site, he moved steadily up to the position of Estates Manager, responsible for all four Schools. In that time he has seen a lot of changes and brought up his family here, which proved very handy for the Foundation as a new on-site workforce was created – giving the Caligari family an edge in the Christmas raffles!

Tony has always been the person who knows what is coming up in the next few weeks, how it is likely to go, how it went last year and all the previous years before. He admits himself that like the weather, conditions are not always sunny, but he still gets everything done and as soon as he laughs with you, you know that all is in order.

Now it is time for Tony to hang up his 'gone fishing' sign more regularly and to enjoy his retirement; he can put his feet up, unworried by what colour the grass is on the cricket square or what weather the Mill Hill micro-climate might be subjecting us to. We wish Tony well and thank him sincerely for the great work and dedicated service he has given to the Foundation in the course of his career.

Mrs Adèle Greaves

Agnes Nyarko

Having moved far from home nearly 18 years ago, and finding myself rather lost and feeling a bit homesick at Mill Hill, Agnes found me one evening in the SDR as it was then called, eating my supper before starting my resident duty for the evening in the boarding House, and this was the start for me of a very precious friendship.

Agnes was to me, as she was to the Common Room, a symbol of what makes Mill Hill the place that it always has been; somewhere that values family. Agnes was not just a hard-working and cheerful member of the catering team, but a

treasured member of Mill Hill, much loved by staff and pupils alike.

Having joined Mill Hill in 1992, Agnes retired in December 2017, with all our love and best wishes for a long, happy and healthy retirement. A farewell party was arranged in her honour at which she spoke, with much emotion, about how much she will miss our community. In the words of Winnie the Pooh, 'How lucky am I to have something that makes saying goodbye so hard.'

Miss Lesley Sharples

Steve Wennington

After initially working as a consultant, Steve formally took up the role of Estates Bursar in July 2005. This was the first time that the Foundation had a dedicated professional focusing on the various buildings, grounds, paths and roads that make up our 150 acre estate.

Steve was well known for his encyclopaedic knowledge of the estate including the 'behind the scenes' workings of electrics, plumbing, roof voids and cellar spaces. Many staff will have enjoyed an introductory tour of the estate in Steve's green 'Jag' which also then served as a useful indicator of which building he was visiting at any particular time.

During his 12 years as Estates Bursar, Steve oversaw many significant new capital development projects, forever leaving his mark and positive contribution to the landscape of the Foundation.

These projects include: redesign and refurbishment of classrooms, laboratories and sports facilities at all of the Schools; Boarding Houses at Mill Hill; the Favell, Chapman and Proctor Buildings; the refurbishment of the Day Houses; the new Sixth Form Centre and the repurposed girls' boarding house, New House.

Mrs Rebecca Starling

Instilling values, inspiring minds
millhill.org.uk

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