

The magazine for Truro High School

Highlights

2018-19



AMBITIOUS DREAMS. BRIGHT FUTURES.



INSPIRED
BY THE CLASSICS

MICHAEL SPIERS

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A very warm welcome

Welcome to Highlights. I hope it brings you as much joy as it did me reading about another fantastic year in the life of THS.

Every day our girls astound me. Their passion for learning is infectious, driven by an intellectual curiosity that we do our best to feed and nurture in every lesson of every day. Alongside this though is their kindness, their sense of belonging to our special THS community and the responsibility that comes with that to support and encourage each other and to understand that while individually they may be strong, together they are unbeatable.

Emboldening girls is what THS is all about and over the pages of the magazine you will see examples of it time and time again from Prep 5 taking big business to task over the environment to our Sixth Formers bringing joy and laughter as they help teach children in a primary school in Cambodia.

Your daughters are amazing young women who never fail to surprise us with their spirit, their determination and their compassion. They have so many stories to tell from another action packed year but over the coming pages you'll read about just a few of the ways in which they have made us all so proud.

Enjoy!

Mrs Sarah Matthews, Headmistress

Ambitious dreams celebrated

When Truro Cathedral opens its doors to help us celebrate the incredible achievements of our girls, it's hard not to get swept up by the atmosphere - it's electric.

From the Christmas Carol Service to Founder's Day and Speech Day, the magnificent cathedral offers the perfect stage for every one of our students to reflect on the journeys they have taken to success and celebrate the mission – started nearly 140 years ago – to nurture and develop women with ambitious dreams and the confidence and resilience to make them happen.



The academic year was rounded off with a truly inspiring celebration of this ethos at our Speech Day and Prize giving ceremony.

Headmistress, Mrs Sarah Matthews spoke about her immense pride in all that the girls have done ranging from representing the school at county and national level in various sports to setting the pace in the Arts and Science world. She also called for an end to the culture of comparison that is so damaging to the well-being of teenage girls saying each pupil must be celebrated for her own great achievements and not have those achievements compared to those of others.

Earlier in the day, it was the turn of the school's younger pupils to mark a wonderful year in Prep. In a hall specially bedecked for the occasion, Head of Prep Miss Annabel Ramsey described an action-packed year full of excitement for girls of all ages.

Spring also saw celebrations as we marked nearly 140 years of developing bold and ambitious women at Founder's Day. International scientific advisor and former student, Ruth Stringer, was guest of honour

and inspired the school community with a fascinating insight into her ground-breaking work which has seen her do everything from protesting on the frontline to lecturing world leaders at the UN.

“I am immensely grateful for the world class education I received and to all those teachers who taught me to think independently and to have courage in my convictions.”

She said: “When I was at school I never set out to be an environmentalist but I am immensely grateful for the world class education I received and to all those teachers who taught me to think independently and to have courage in my convictions.”

Headmistress Mrs Sarah Matthews said: “As we remember the foundation and formation of our school today we sit on the cusp of a very important year. Truro High will be 140 years old next year – how far the school has come but also how far we are yet to go.”

“Just as I feel proud every single day of the mighty young women before us, I'm sure Archbishop Benson

would be proud and satisfied that today we remain a school where girls' talents are celebrated and they are emboldened to have ambitious goals – a dream that he had for his own daughters too.”

Form and Year prize winners

Year 7 Academic Prize	Edith Owen
7A Form Prize	Mimi Harrison
7 Alpha Form Prize	Naomi Stevens
Year 8 Academic Prize	Celeste Woodall
8A Form Prize	Holly Kelynack
8 Alpha Form Prize	Esme Marshall-Thomas
Year 9 Academic Prize	Charlotte Haynes / Rose Hallam
9A Form Prize	Honey Preston
9 Alpha Form Prize	Rosalie Osman
Year 10 Academic Prize	Roisin Watson
10A Form Prize	Jessica Jenkin
10 Alpha Form Prize	Lilly Black
11A Form Prize	Sophie Hodgson
11 Alpha Form Prize	Roisin O'Halloran

Subject prizes

Art	Holly Owers / Sage Newby-Jelliffe
Biology	Sarah Pun / Shirley Lam
Business Studies	Saskia McLean
Chemistry	Sarah Pun / Shirley Lam
English	Thea Watkins / Rose Hallam
French	Maya Brookes / Fiona McCallum
Geography	Justine Pellew-Harvey / Roisin O'Halloran
German	Iris Nicholls
History	Erin Bradbury / Charlotte Haynes
Food and Nutrition	Emily Thomson
Computing	Molly Adams
Latin	Rachel Barral
Mathematics	Kitty Piccin-White / Kelly Zhou
Music	Charlotte Rutherford / Liesl Lingham
PE	Coco Sham / Sophie-Louise Runge / Vivienne Carveth
Physics	Kitty Piccin-White / Jasmine Lee
Psychology	Arabella Osman / Coco Sham
Religious Philosophy	Lowena Olver / Maddison Lewis / Rachel Barral
Spanish	Grace Lott / Daisy Katz
Textiles	Saskia McLean / Emma Lee
Theatre Studies	Helena Jones / Hollie Jennings

Special prizes

M R Scott Prize for Written English	Lowena Olver
Jenny Richards Prize for Creative Writing	Vivian Gregory
Senior Drama Cup	Iris Nicholls
Junior Drama Cup	Talana Hawtrey-Collier
Buckenham Cup for Speech and Drama	Charlotte Rutherford
The Oates Art Prize	Lowena Olver
Salvoni Prize for Creativity in Textiles	Megan White
Hutton Cup for Most Promising Junior Linguist	Sophie Michell
Year 9 Cup for Progress in French	Tiana Platts
J H Engledow Prize for Spoken French	Justine Pellew-Harvey
Singing Cup	Helena Jones
Instrumental Cup	Naomi Stevens
Composer's Cup	Edith Owen
Simmons Music Shield	Sarah Roberts
Simmons Music Plaque (Helpfulness in the Department)	Lauren Ridehalgh / Bryher Gemmill
Joy Perry Cup (Loyalty and Achievement in Music Department)	Rose Hallam
Orchestral Cup	Isabella Arthur Austin
Performer's Cup	Olivia Thomas
Year 10 Food and Nutrition Cup	Lily Stone
Junior Business Prize	Scarlett Marsden
Maclay Cup for the Most Promising Young Historian	Maisie Sherriff
Cup for Senior Games	Evie Roberts / Reilly McCormick
Keeler Cup for Junior Games	Jennifer Wilson
Cup for Best All Round Swimming	Celeste Woodall
Cup for Swimming Achievement	Hannah Stephens
Games Captain's Prize	Amy Shaw
Dalvenie Boarding House Prize (Helpfulness in the Junior Boarding House)	Renee Lee
Rashleigh Boarding House Cup (Helpfulness in the Senior Boarding House)	Elma Ng
Margaret Kiddle Prize (Years 7-9 General Progress/Helpfulness)	Lauren Ridehalgh
Monica Williams Cup for Service (Years 10-13)	Amy Shaw
Corin Cup (Sustained Effort)	Isabelle Clemens
Farleigh Rice Cup for Senior Geography	Arabella Osman
Cooper Cup for Chemistry (Junior)	Kelly Zhou
Gill Cup for Chemistry (Sixth Form)	Elise Kwan
Ogden Trust Year 10 Physics Prize	Meenakshi Panicker
Purohit Prize for Aspiring Medics	Emily L Williams / Charlie Barnecutt
Batteries Unlimited Junior Engineering Award	Charlotte Gentile / Grace O'Halloran
Andretti Engineering Award	Jasmine Lee
Brewer Cup for Progress in Mathematics (Junior)	Freya Herd
THSOGA Prize for Outdoor Pursuits	Charlotte Rutherford
Headmistress' Prize for Head Girl	Thea Watkins
Headmistress' Prize for Deputy Head Girl	Sarah Pun / Ezgi Aldemir
Lynn Green Memorial Cup (awarded for service to the School as an Old Girl)	Anneliese Polkinghorne



Bold aspirations

It's been a landmark year for Truro High School's programmes for Aspiring Medics, Aspiring Lawyers and Aspiring Engineers. From making national automotive history to becoming one of the UK's first venues to host the award-winning Operating Theatre Live National Tour, there has been no let-up of the pace for these bespoke programmes for girls wishing to pursue a career in healthcare, engineering or law.

Every week, girls of all ages have been exploring these exciting career paths with workshops, mentoring and one-to-one support to best prepare them for the applications and interviews ahead.

This year, guests ranging from British Cycling's Head of Technology to the former Government 'heart-tsar' Sir Roger Boyle have all visited the school to pass on their expertise. Other weeks have seen our budding lawyers going behind the scenes at the Crown Court while their engineering colleagues paid an after-hours visit to one of the county's biggest engineering plants.

The results speak for themselves; more than a third of this year's A Level cohort went through these bespoke programmes and secured places to study on a number of these highly competitive

courses ranging from medicine to mechanical engineering. In fact, a third of these students secured coveted spots to study Masters degrees.

It's been a particularly exciting year for the school's aspiring engineers who, since the programme's official launch last September, have received the news that Truro High has become the first school in the country to be recognised as an official motorsports club by Motorsport UK.

A first in UK automotive history, this enables the school's students to be involved in high-profile events hosted by the organisation and even go all the way to operating trackside at international Formula 1 events.

It's a fantastic step forward for the school's Greenpower Engineering team which, as part of



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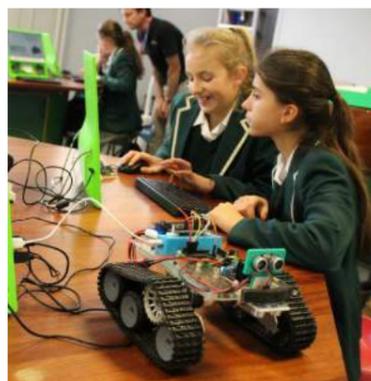
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the programme, continues to inspire girls of all ages to eschew the gender stereotypes long associated with the profession and lead the way out on the race track.

Engineering, however, is a vast and varied sector and there have been swathes of opportunities to introduce girls to the innumerable career options open to them in this exciting field. Never before has there been a better time to be a woman in engineering with more and more companies keen to add female members to their teams.

This year sessions with engineering specialists have varied from designing the cities of the future with the consultants at WSP and going behind the scenes at world-leading agricultural machinery manufacturer, Teagle, to programming a raspberry pi altimeter – the same technology students will be using to help undertake research for the UK’s first geothermal electricity plant.

It’s a message the school is keen to promote to as many young women as possible so every year they celebrate International Women in Engineering Day. Last June, over 200 Year 8 schoolgirls from around Cornwall gathered for these hands-on workshops led by 24 of the region’s most well respected engineering firms.

Head of STEM, Mr Jon Dean said: “It was absolutely brilliant to see so many girls getting to try out so many different types of engineering. There are a huge number of opportunities for girls to get into the industry so it’s really important to give them the chance to experience what day to day life is like at an engineering firm.”

A huge number of students have also shown a real appetite to learn more about the law this year with record numbers attending aspiring lawyers hands-on workshops, seminars and work placements.

They kicked off a packed programme with a special

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behind-the-scenes tour around Truro Crown Court. The trip proved incredibly popular with a long-waiting list running for places to observe court room proceedings and gain invaluable insight into the justice system.

It was a busy morning for the girls ranging from experiencing the reality of being held in custody to a Q&A session with His Honour Judge Carr – a former top London defence barrister.

Year 12 Grace said: “It was sobering to experience the true reality of sentencing as opposed to what we have seen in dramatised television. Some of us plan to go back to the court in free periods and observe more as this visit has certainly intensified our interest in pursuing our legal careers.”

The start of a packed calendar of events, girls from Year 8 to Sixth Form have been joined by a variety of speakers over the year including magistrates, shipping lawyer Charles Patterson, tribal human rights specialist Gabriella Rutherford and commercial dispute resolution lawyer Verona Cocks.

The school was even delighted to welcome High Court Judge, Sir Robert Owen, whose career has included chairing the infamous Litkvinenko inquiry.

It’s also been a busy 12 months for our Aspiring Medics





programme, which continues to go from strength to strength since its launch 3 years ago.

Firm believers in educating students about the realities of their chosen profession, administering anaesthetic, lung intubation, reading an ECG and even neurosurgery were all on offer to Cornwall's aspiring clinicians and anatomists last year, as the school became one of the first venues in the UK to host the award-winning Operating Theatre Live National Tour.

More than 100 students from across the county joined the school for the intensive one-day surgical workshop which saw its hall transform into a functioning 'operating theatre'.

Mr Jon Dean, the school's Head of STEM said: "The event was a huge success and absolutely invaluable for those wishing to embark on any kind of medical career. The reality is that it's a journey that will see them have to overcome a huge number of obstacles to succeed. On average, for every

ten students applying to study medicine at university, only one will be offered a place so it's incredibly important that they take part in unique experiences like this to help them stand out from the crowd."

"On average, for every ten students applying to study medicine at university, only one will be offered a place so it's incredibly important that they take part in unique experiences like this to help them stand out from the crowd."

This year that has meant everything from undertaking health checks on a Giant Tortoise and learning how medics deal with emergency situations in the wilderness to an extremely popular evening lecture series featuring the likes of former government 'heart-tsar' Sir Roger Boyle.

There has even been the chance to gain medical qualifications years ahead of schedule with the programme's Emergency First Aid at Work training course. From learning how to manage an emergency situation to administering CPR, the girls really stepped up to the challenge and all passed with flying colours.

They can now act as a qualified emergency first aider for an employer and have gained the knowledge and confidence to administer first aid and basic life support - an invaluable life skill.

A climate of change

This year the calls for action on climate change have been hard to miss and Truro High School's community has been loud and proud in joining these cries and constructively making a positive change for the planet.

Every week, girls from across the school have come together to discuss the ways in which the school can reduce its impact on the environment and take steps towards a brighter future. It's now a concerted 'Plastic-Free School' initiative and has ranged from encouraging re-usable water bottles to lobbying blue-chip company CEOs on environmental practices.

Regular beach cleans at Porthtowan have involved students of all ages and the girls have headed out come rain or shine to do their part in helping remove some of the considerable amounts of plastic washing up on our shores. The trips have proven fantastic opportunities to give back to the community as well offering a meaningful insight and understanding into the importance of looking after the environment.

Our students also took the lead in the fight against global warming when they took part in a series of activities and workshops inspired by the pupil climate change strike. Across the world, nearly one and a half million children absented from school to take part in a series of coordinated protests drawing attention to climate change.





The day of action held at Truro County Hall was spearheaded by Truro High Old Girl Rosie and, whilst some of our students attended with the permission of their parents, girls of all ages were also encouraged to join in the international debate with student-led activities being held at school throughout the day.

These included making constructive pledges to raise awareness for the campaign, designing and making banners and workshops on how to write a letter to their MP. Truro and Falmouth MP, Mrs Sarah Newton joined the girls to discuss the issue and the government's plans to address climate change in more detail.

Headmistress, Mrs Sarah Matthews said: "It is absolutely vital that our students have the confidence and assurance to voice their opinions both at school and in the future. As a school, we strongly believe in empowering girls to think critically and stand up for what they believe, especially when it comes to issues of

international importance. We want to encourage our girls to be active citizens in a global community and the activities offered them a really constructive way to make their voices heard."

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they have been regularly taking to a recycling point at the ReFill Store in Truro.

Our younger pupils have also been getting involved by challenging some of the UK's best known companies over their environmental policies and continued allegiance to single-use plastic.

This spring, the girls wrote to the CEOs of a number of companies demanding answers and also returned boxes of unwanted packaging to others. They've already received several replies from organisations including Coca Cola, McVitie's, Sainsbury's, M&S and Ferrero.

The school's Prep 5 class have also been collecting empty crisp packets which

Walkers are sponsoring the scheme and recycling company TerraCycle will process the bags, separating them by plastic type and cleaning them before extruding them into plastic pellets ready to make into new products. The class has currently returned over 1000 packets.

The project is part of the school's Learn Challenge Curriculum which sees girls as young as 4 years old encouraged to question the status quo and have a voice in the campaign for change.

Teacher Yvette Simpson explained: "This approach to learning is built around the principle of the girls having greater learner involvement in their work. It requires deep thinking, encourages the class to work using a question as the starting point and for their interests to guide the research. Prep 5 have certainly relished this opportunity and driven the recycling project out of the confines of the classroom into the school and community as a whole."

The school's youngest pupils even got involved this year with a reading of Jack and the Beanstalk leading to an investigation into the different kinds of beans and a discussion, not only about their taste, but about the implication of air miles and organic foods.

Inspired by these numerous environmental initiatives, our Prep School even decided to mark World Oceans Day by wearing blue outfits instead of their usual uniforms. An enlightening assembly offered girls the chance to discuss the environmental factors affecting our oceans and what we can do to make a difference.



“We need to encourage our students to become critical thinkers; independent learners who are intellectually curious and who question what they are being told.”

Mrs Sarah Matthews, Headmistress



Being bold & thinking big

Can you ever stop thinking? Which is more important: being right or being kind? These are just some of the philosophical questions our youngest pupils have been discussing this year and the answers have really sparked debate.

This year has seen an explosion of philosophical debate amongst our youngest learners and it's all thanks to their weekly Big Thinking sessions. Girls have been asked to consider questions such as “If you paint a window, is it still a window?”, “Do ideas come from inside or outside your head?” and, even, “What colour is Tuesday?” and the classrooms have been buzzing with animated conversations throughout the year – it's a curriculum filled with challenge, with activity and with variety and it's far cry from the days of sitting in silence at a desk.

The classrooms have been full of fast-paced and highly charged discussions about everything from the nature of cause and effect to the meaning of language. The atmosphere has been electric and the appetite to get involved impossible to miss.

Teaching philosophy to primary school children can improve their English and

maths skills, according to a recent study from University of Durham highlighting the value of training pupils to have inquiring minds.

Headmistress, Mrs Sarah Matthews said: “Spoon-feeding is a great way for a school to achieve results but it does a disservice to our young people. We need to encourage our students to become critical thinkers; independent learners who are intellectually curious and who question what they are being told. In an ever-changing world, they will need these skills to adapt and thrive.”

“Gone are the days when a person chooses a job for life. Statistics show that most of our girls will now have more than six different careers during their lifetime. They need to be adaptable, they need to have the skills to grow, to develop and to evolve and it is very much our job to provide the experiences they will need to empower them for the challenges ahead.”

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AMBITIOUS DREAMS. BRIGHT FUTURES.

Engineering a brighter future

Truro High has become the first school in the country to be recognised as an official motorsport club by Motorsport UK.

After 7 years of racing in the Greenpower F24 and F24+ series and being supported by a number of high profile figures from the motorsport industry, the all-girls independent school joins the ranks of top motorsports clubs all around the UK as part of this renowned organisation.

A first in UK automotive history, Motorsport UK invited the school to apply due to its excellent reputation for engineering. Motorsport UK is the national membership organisation and governing body for four-wheel motorsport in the UK, representing competitors, volunteers, clubs and fans.

Chairman of Motorsport UK, David Richards said: "At Motorsport UK, our major focus is directed towards encouraging young people into motorsport and the benefits that participation can offer to their education and the curriculum in general. To see a girls' school join 750 other motor clubs as members of Motorsport UK is an encouraging endorsement of our efforts."

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As a result of being recognised, the school can now take part in events organised by other recognised clubs and invite these top-level organisations to its own events as well.

This will include students being able to train as race marshals. This will enable them to work at races all over the world and even go all the way to operating trackside at international Formula 1 events.

Headmistress, Mrs Sarah Matthews said: "It is a real honour to be the only school in the UK to be invited to join the national community of car clubs and the opportunities this will offer our girls are completely unprecedented. To be recognised in this way is a testament to the dedication of our Greenpower staff and volunteers as well as the enthusiasm of our girls."

As well as its dedicated team of parent volunteers and staff, Truro High has a large number of high profile supporters from the automotive

industry with many coming forward to make the school's successful application possible.

These included former McLaren and Williams engineer, James Robinson; CEO of leading motorsports insurance specialists, Ellis Clowes, Karen Ellis; F1 performance engineer, Cristiana Pace and the British Motorsport Association's Kevin Moore.

ITV Formula One commentator and reporter, Louise Goodman also offered her support throughout the process and has been elected as Truro High School Motorsport Club's first president.

She said: "Motorsport is a long-held passion of mine and it's great to see that so many of the students at Truro High School for Girls share that passion. The fact that they're girls makes it even better as it helps to quash the silly belief that still pervades in some quarters, that motorsport is 'for the boys'. The sport provides a wealth of opportunities for

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both sexes, whether that's from a career perspective or just as a fan."

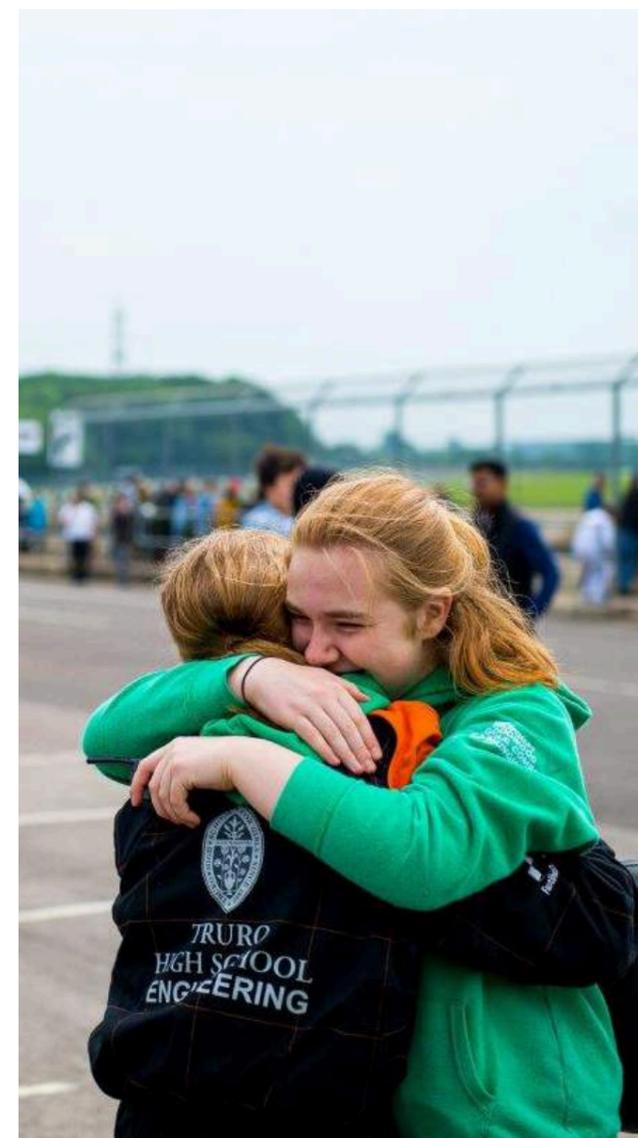
Louise turned out to support Truro High School's Greenpower engineers at their season debut, which saw the team speed into the top 30 cars in the UK. Ex-McLaren and Williams engineer, James Robinson, also joined the team at Castle Combe and even rolled up his sleeves to aid the girls in the pits.

Our racers were also celebrating after their race days at Goodwood and Predannack Airfield having won another special trophy to add to their growing collection.

The girls were thrilled to once again be awarded the "Spirit of Greenpower" trophy at the heat held at Predannack Airfield. The award recognises the crew, which shows the greatest teamwork, resilience and calm in the face of adversity – qualities that the organisation believes every racing driver and pit crew should embody.

Head of STEM, Mr Jon Dean said that the girls were, as always, a huge credit to the school and their enthusiasm, teamwork and willingness to give it a go shone throughout the day.

It's been an exciting season for the team which saw two of its 8-strong fleet – the Green Goddess II and Kernow Kitzz – make it all the way to the international



finals held at Silverstone, the home of British motor racing.

Even more impressive, the Green Goddess II finished 48th in the entire country. It's a particularly special moment for 15-year-old Ellie who has been instrumental in the remodelling of the Green Goddess II this season.

Head of STEM, Mr Jon Dean said: "It is incredibly exciting after seven years of working with the Green Goddess for our girls to achieve this fantastic ranking. She is the oldest car in our fleet but the girls have stuck by her and have never given up and it is entirely down to their hard work and determination that they have now finally earned their reward."

In celebration of this landmark year in engineering, Lewis Hamilton's Formula 1 car made a pit stop at the school last April to inspire 100s of local Cornish schoolgirls to get involved in motorsport.

The 'Dare to be Different' day saw 11 and

12-year-old girls from all across the county heading to the school to try out everything from designing a race car chassis to coding speedometers and learning how to deal with a medical emergency trackside.

Following its first lap around the track at Silverstone last February, the brand new Mercedes W10 Formula 1 car also made a pit stop at school as part of the day which included guided tours of the vehicle by F1 performance engineer, Cristiana Pace. Unveiled for the 2019 season, the car took Lewis Hamilton to win his sixth world title out on the track.

Led by Truro High staff and the team from Dare to be Different, the day aimed to inspire the next generation of female motorsport professionals to break the glass ceiling and take the lead out on the racetrack.

Student motorsport ambassadors from the school's Greenpower race car team were also involved in leading the workshops.

In the spotlight

Acclaimed actor, writer and director, Simon Callow once said that "to enter a theatre for a performance is to be inducted into a magical space, to be ushered into the sacred arena of the imagination" and, at Truro High School, girls of all ages have been encouraged to take the lead and do just that with host of thought-provoking productions and performances.

Whilst much of the country was ravaged by 80mph winds last spring, audiences at Truro High were swept away by a storm of a very different kind, as the curtain rose on the school's breath-taking production of Shakespeare's 'The Tempest'.

The all-female cast of actresses, aged 9 to 18, was greeted with many rounds of applause from the packed theatre on the play's opening night marking the beginning of an impressive run of three performances.

The young actresses took on some of Shakespeare's most iconic male characters. These included Year 12 Helena who followed in the footsteps of Academy-award winner Dame Helen Mirren to play Prospera, rather than the masculine Prospero, deposed ruler of Milan. Year 9 Talana also took a leading role, playing the brutish Caliban.





The production showcased the burgeoning talent that the school has in a huge range of artistic disciplines. Alongside impeccable acting, costume design and set construction, there were also dance routines, both contemporary and traditional; a Cornish choral piece; a piece of video art by a Year 11 student and many other creative surprises across all disciplines which are taught at the school.

The production also showcased the talent of Year 9 Rose who accompanied the production on the harp.

Backstage, students had been hard at work designing and making impressive set pieces and intricate costumes to bring the Bard's enchanted island to life. The main backdrop for the production was created by Isabelle, one of the school's Year 10 art scholars. Inspired by the elemental abstraction of contemporary Cornish artist Kurt Jackson, the 15-year-old spent many months painting this colossal set piece in

the school's award-winning Art department. An abstract piece, painted as part of Year 11 Sage's GCSE portfolio, was also used to promote the play.

The school's Textiles department had also been incredibly busy. Looking to everything from the RSC to Dolce & Gabbana for inspiration, its GCSE and A Level designers created a huge number of intricate costumes for the cast.

The school was even lucky enough to have Old Girl Lucie once again working the sound and lighting desk on a holiday from one of country's leading performing arts colleges, the Brit School.

It was also a particularly special production for Old Girl Ysella who, having starred in the show in 1989, saw her 13-year-old daughter, Bryher, treading the boards at school in Shakespeare's late great masterpiece.

In addition to offering GCSE and A Level Drama, Truro High offers LAMDA lessons, the Arts Award, dance tuition, drama clubs and major productions to girls of all ages.

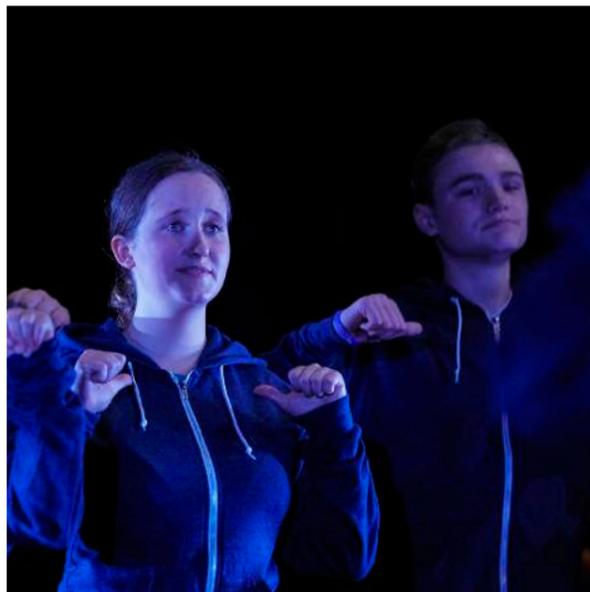
Encouraging students to build their confidence on stage starts at the youngest age at Truro High so this year also saw our Prep School whisk us away for a magical Arabian night complete with professional sound and lighting.

Based on the enchanting tales of the 'One Thousand and One Nights', we certainly could have kept listening to their amazing tales of beguiling genies, bewitched Sultans and one brave young woman who saves her kingdom through the power of storytelling for many more evenings to come. The production showcased the phenomenal talents of all girls from Prep 3 to Prep 6 from their fantastic singing, dancing and acting to choreography and stage-management skills.

Head of Prep School, Miss Annabel Ramsey said: "It is such a pleasure watching these girls - seeing how confidently they perform and how much they are clearly enjoying themselves. Their talents are endless and, no matter how well we know them, there are always those few who really surprise us on nights like this. We are so proud of every single girl, well done!"

Our Pre-Prep actresses also had audiences on their feet when they performed their magical festive production, 'It's a baby!'. From a grumpy innkeeper





to the tiniest of angels, every one of the girls played her part to perfection with parents yet again astonished and proud of just how accomplished their daughter's had become.

It's also been a year of dramatic successes for our LAMDA students with 72% of grades achieved at distinction. In the Prep School, this astounding result was even higher with 92% of girls achieving a distinction. This year's cohort consisted of nearly 80 students and the girls have all worked incredibly hard on their verse, prose, public speaking and acting to achieve these fantastic results.

Celebrations were also in order for a group of our GCSE and A Level drama students, who were last summer selected to perform at the National Theatre in London.

Against nearly 300 youth theatre companies and 6500 young performers from across the UK, Year 11 Iris, Year 11 Madalena, Year 12 Helena and Year 12 Miriam were selected to

perform in the NT Connections festival as part of the Hall for Cornwall Senior Youth Theatre group.

The 25-strong troupe was one of only 10 groups to be selected and had the honour of closing this nationwide festival. The selection came as a result of a series of exceptional regional theatre performances at the Acorn Theatre, AMATA, Truro College and the Theatre Royal.

Helena said: "I can't believe it! There was only a choice of about six plays so it was really tough to stand out in the performances. It's the first time I've visited the National Theatre and I'm going to be on stage there – it's a pretty incredible feeling."

It was also an exciting year for Year 9 Hollie who was chosen to tread the boards with one of the UK's leading

musical theatre - in a brand-new piece called Extinction. The selection process was gruelling with 1700 children from across the UK vying for just 150 places with the company.

“It’s the first time I’ve visited the National Theatre and I’m going to be on stage there – it’s a pretty incredible feeling.”

Plain sailing

As the only county to be surrounded on three sides by water, it's no surprise that our girls are spoiled for choice when it comes to watersports and record numbers of students have been making the most of these fantastic opportunities this year.

Cool sea breezes and glorious sunshine were in store for our students as many of them set out on the water at Mylor Harbour to continue developing their sailing skills along our spectacular coastline.

The girls, who range right from Prep 5 – Year 9, have relished the opportunity to experience the thrill of skippering a boat and this year has seen them have a go in everything from 2-man Picos and Fevas to a 15ft Laser Bahia. There has even been the chance to get behind the wheel of the powerboat and, with the guidance of their Mylor Sailing & Powerboat School instructors, whizz around the Carrick Roads in no time at all.

Watersports have also been on the agenda for a huge number of outward bound residential trips and activity days throughout the year. These have ranged from tackling the water assault course at Kernow Adventure Park to spending a weekend canoeing, kayaking and coastering at Porthpean Outdoor Education Centre and setting sail last summer around the Isles of Scilly.





Our boarders have certainly made the most of the incredible watersports facilities that Cornwall has to offer and their packed programme of weekend activities has frequently seen them pulling on wetsuits to get out on the water.

The year began in style when girls of all ages dived on in at Retallack Aqua Park. With the sun shining down, everyone spent a fantastic afternoon negotiating their way across a giant trampoline, climbing wall, slides, blast bags and a particularly challenging balance beam. Unsurprisingly there were quite a few soakings.

The exhilarating session on the 'Total Wipeout' style floating inflatable playground was the first of many aquatic adventures for our boarders which included riding the waves on the North Coast's famous surf.

It's also been plain sailing for 13-year-old Rose who

was last spring honoured with selection for the British Youth Sailing South West Zone Squad.

“My dream is to compete at the Olympics and being selected means I’m now one step closer to making that happen.”

Only 16 out of the region's top young male and female sailors represent the South West as part this team. Rose was one of only 3 Cornish students to make the cut.

The young sailor impressed British sailing coaches, Tim Cross and James Dowrick, with her performance at the RS Feva Winter National Championship, leading to them offering her a try-out for the regional squad.

The championship involved six races over two days with each race taking up to an hour to complete. A real test of physical and mental endurance, this gruelling schedule resulted in Rose spending up to five hours out on the water at a time in strong

winds. The championship was Rose's first national level

competition. Last summer, Rose competed at the 2019 Youth Sailing World Championship in Italy as part of the squad.

Rose said: “I’m so excited. Being part of the team is going to help me get even better at sailing. My dream is to compete at the Olympics and being selected means I’m now one step closer to making that happen.”

Joining the squad is the first step on the Royal Yachting Association's Olympic Pathway. The RYA pathway is renowned as one of the world's most extensive racing and race training programmes for sailors under 16 preparing them to represent the sport and their country at the highest levels.

The appetite for sailing continues to grow at the school, which has this year celebrated Year 12 student Roisin blowing a field of Olympians and international champions out of the water at the Dinghy Fest Championships and has seen the introduction of a brand-new competitive sailing team.



Empowering tomorrow's entrepreneurs

From turning their bright ideas into profitable companies to scooping top awards on a national stage, it's been a busy year in business for our students – right from Prep School to those in their GCSE years – and their hard work has certainly been paying dividends.

It's all part of Truro High School's Future Ready Programme which provides girls of all ages with the opportunities to learn new life skills, develop entrepreneurial talents and be best placed to make informed decisions about their futures.

A brand-new initiative to inspire our younger business brains also launched this year when our Prep 6 class took on the 'Fiver Challenge'. It was a huge success and one fledgling company even won a national award.

With an initial investment of £5, the girls had four weeks to come up with a business idea and turn a profit before submitting their company reports for a nationwide competition.

Everyone had a fantastic time taking part in the challenge and developed a great deal throughout the process as they learnt vital life and entrepreneurial skills.



11-year-old bakers Plum and Daisy were even named the most profitable company in the Fiver Challenge Competition national finals. Against tough competition from 38,000 budding young entrepreneurs, the girls scooped the Highest Profit award in the 9-11 year old category.

The girls donated a sizeable proportion of their award-winning profits to the Children's Hospice South West's Little Harbour Centre. Spurred on by their national success they are planning to remain open for business and will continue giving a percentage of their profits to the hospice.

Daisy said: "We want to support children who are in a less fortunate position than ourselves and this seemed like a great way to do it."

Plum said: "We love baking together – it's yummy, it's fun and, because we're doing a lot of it, we're getting quite good at it. We're spending every evening baking at the moment and the whole house smells of chocolate all time."

Once again our GCSE entrepreneurs also reaped the rewards of their hard work when this year's Young Enterprise teams picked up three prestigious awards at the finals of the annual contest to encourage young business minds and their ideas.

The school entered two teams – Kernow Wax Wraps and Simply Stitched – who won the sustainability, financial management and innovation awards at the Cornwall Young Enterprise Finals.

Business Studies teacher, Mr Tom Elliott said: "Simply Stitched have developed fashionable and reliable hair scrunchies using designer materials and demonstrated that they have a good eye for managing the books with some excellent work on their profit analysis and monitoring their costs. This especially impressed the judges with their variety of materials that they are using."

The team's bespoke hair accessories have proven a big hit over the course of the year – their Liberty print range sold out in record time when the girls set up shop at the school Christmas Market and they've have had many students placing pre-orders as well.

Kernow Wax Wraps also headed home with their heads held high as they were crowned winners of the Innovation and Sustainability awards.

Mr Elliott said: "The team were focussed on providing an alternative to cling film producing cloth wax wraps to prevent even more plastic entering our oceans. They have just managed to perfect the recipe for the wax

coating and impressed the judges with their approach and resilience so much that they sold out of all their products!"

“We want to support children who are in a less fortunate position than ourselves and this seemed like a great way to do it.”

Next year's cohort of aspiring business women got a taste of what's to come last summer when they were challenged to show off their entrepreneurial skills in the school's own version of 'The Apprentice'.

Tasked to design, create and pitch the next big thing in tea, the Year 9 companies spent a busy day considering everything from management and finance to market research and product design to get their brands ready to wow our expert panel of judges.

Mr Elliott was extremely impressed by the girls' innovative ideas, excellent teamwork and slick pitches all resulting in some very promising business opportunities.

The popularity of projects like this continues to grow and grow at Truro High and this autumn, the school has even opened the doors of a brand-new dedicated enterprise hub in response.

A focus on wellbeing



From the very youngest age, wellbeing is at the heart of everything we do and this year has seen our girls take part in a whole host of initiatives to encourage them to find their voices, to grow in confidence and to develop the resilience needed to try, to overcome obstacles, to re-group and bounce back.

The year started in style with girls from 11 – 18 donning outlandish and odd socks for the day as part of a nationwide campaign to encourage children to embrace their differences and report bullying behaviour.

The day came ahead of Anti-Bullying Week which began with a special assembly where students discussed the ways they can express themselves, celebrate the diverse community they live in and take a stand against bullying in a proactive and positive way.

The week linked in with the school's weekly PSHE sessions which offer to students the opportunity to discuss topics ranging from positive body image to staying social media savvy in a safe and non-judgemental environment.

Headmistress Mrs Sarah Matthews said: "It was a wonderful celebration of diversity and a fun way to think about a big issue. Difference adds variety to life – it's what makes us special, and we want our girls to be confident in who they are and to be never afraid to be themselves."

This year, mindfulness sessions, ranging from beach trips to pottery painting, for GCSE and A Level students, have offered girls the chance to focus on their wellbeing amidst the whirlwind of exam season whilst weekly lunchtime yoga



classes have seen students from across the school unwinding during a busy day and improving their flexibility and strength along the way. Our boarders were even treated to a “Wellbeing Weekend” when they entered the final stretch of their public examinations.

Every Tuesday, our youngest pupils have also taken a quiet moment to recharge their batteries in relaxercise sessions with Nurse Dawn. Mindful exercises included everything from meditation to cosmic yoga.

The school even hosted some first aid training with a difference when students took part in a course to become qualified Mental Health First Aiders. Led by the school’s Nurse Dawn, the intensive one-day course offered students from Year 9 to Sixth Form the opportunity to equip themselves with essential, life-saving skills as well as gaining an invaluable qualification.

Nurse Dawn said: “Mental health is a really important subject to talk about and we all have a responsibility to break the stigma that surrounds it. The course was incredibly oversubscribed, both by our aspiring medics and peer mentors as well as girls who just wanted to understand more about how to help a friend or colleague in the future. It really goes to

show how much our students value being able to act with confidence and empathy around mental health issues and these skills will prove invaluable for many years to come.”

The training was especially instructive for those girls who act as peer mentors at school and support their fellow students under the expert guidance of Dawn and our pastoral teaching team.

This whole-school focus on wellbeing comes as studies show that nationally one in four teenage girls has a diagnosed mental health issue and 79% of UK teachers report seeing an increase in stress and panic attacks amongst their pupils.

As a school, it is more important than ever to show the way and opportunities for our girls to focus on mental wellbeing continue to grow. This autumn saw the introduction of a special wellbeing day for the school’s Year 8 students whilst Prep School has started its own yoga club led by qualified Children’s Yoga instructor, Kate Ashbarry.

The school has even launched a ‘Big Sister, Little Sister’ programme which pairs up Year 7 students with Year 10s in order to offer younger girls support and guidance as they start their journey through the senior school.

Taking the lead

Picture the scene – it’s a cold December evening and whilst most of us would choose to be cosied up at home watching an episode of Strictly, girls at Truro High School are pulling on glitter and sparkles as they prepare to take the lead in their very own entertainment extravaganza – Dance Show LIVE!

From street dance to the Charleston and ballet to Bollywood, girls aged from 4 – 18 wowed their audiences with a packed programme put together in the first half of term.

The glittering production included over 25 dance numbers, many of which had been choreographed by the girls themselves. Students were also challenged to lead rehearsals in the run-up to the two sell-out performances.

It was a particularly momentous night for Year 11 Lowena who spent the term leading rehearsals with younger students for a number of routines as well as practising for her own solo ballet number.





It's a far cry from when Lowena thought she might never dance again following a diagnosis of scoliosis – a condition that causes back pain and curvature of the spine. Now, three years after her diagnosis and treatment that included a seven hour operation, she continues to go from strength to strength in the studio and on stage.

Numbers choreographed and led by students included the 'Without You' lyrical ensemble by Year 11 Roisin, 'River Waltz' ballet solos by Year 12 Maya, a 'Bruno Mars mash-up' by the Sixth Form and the Prep 3 & 4 'Can't Stop the Feeling' routine by Year 7s Mimi and Rosie. The girls have all undertaken these exciting projects as part of the Arts Award – an initiative which challenges students to get involved and take the lead in the world of creative arts helping them to develop into the cultural innovators of the future.

Audiences were also treated to performances from Year 9s Rosey and Hollie who swept the honours board at the UK Street Dance South East Championships. It was a particularly busy time for Hollie who had also been part of an international dance campaign for Disney. Out of 600 auditionees, the fourteen-year-old was one of only three performers selected to take part.

Headmistress Mrs Sarah Matthews said: "It was a truly phenomenal show with everything from poise and elegance to power and strength to vibrance

and fun. Most importantly, the theme running throughout was a great sense of freedom and joy. People might be forgiven for thinking we are a school that specialises in dance but what these girls specialise in is determination, teamwork and the ability to work their socks off to produce fabulous results in everything they set their minds to."

"I would like to thank all of the team involved for their incredible and tireless hard work supporting the girls and special thanks go to Clare Meardon for providing so many of the wonderful costumes."

Dance is an important part of life at Truro High with Prep pupils given the chance to learn ballet, street dance and lyrical as part of their everyday curriculum with Clare Meardon, choreographer and Artistic Director for Savvy Studios.

Former Head Girl Savannah, a certified ballet teacher, has also been helping the girls perfect their pirouettes and plies in the studio ahead of taking up a place to study drama at Bath Spa University.

Senior students have the opportunity to try out tap and ballet with professional dance specialists Jacqui Riordan and Penelope Holt. They can also explore their talents with dance teacher, Miss Danyelle Fry, helping them learn new skills and choreograph their own routines in both classes and extra-curricular clubs.



Collaboration & calculations

This year, our maths classrooms have been packed with scribbling pencils and animated discussions as the girls have collaborated with teachers and classmates to get to grips with complex mathematical concepts and learnt how to apply them to their work. It's all been with the aim of helping students to really engage with the subject as well as helping them thrive in the exam hall.

Recent analysis undertaken by the University of Bath continues to challenge the stereotype that the vast majority of boys outperform girls in Mathematics so it's no surprise that there has been a real buzz in the air for our students to stretch themselves in the subject this year.

Twice weekly maths clinics have welcomed record numbers of students with extra sessions put on to meet the demand of the school's older students. The girls have certainly reaped the rewards of their hard work with many scooping top prizes in the national UK Mathematics Trust Challenge as well as being thrilled with the grades they achieved.

Mathematical origami also continues to be a hugely popular part of the extra-curricular programme, giving students a creative outlet for their interest in geometry.

Girls at GSA schools are 75% more likely to take Mathematics at A Level and, with this in mind, the school has a broad and varied mathematics enrichment programme to support students in their studies and help bring the subject to life.

Helping mathematical concepts to leap off the page has also been top of the agenda for our youngest pupils with lessons ranging from visualising calculations on their brightly-coloured numicon boards to applying their numeracy skills to 'real life' situations.

You'd have certainly been forgiven for thinking that playtime was in session when the girls set up shop in the classroom for one of their lessons. The girls were actually putting their adding and subtracting skills to the test and were set a series of challenges including pricing and adding up the amounts for purchases.



The toy tills didn't stop ringing throughout the lesson and their teacher, Mrs Hendra, was very impressed by the girls' calculations and their fantastic problem-solving skills.

Our Prep 6 and Year 7 students also joined forces to get hands-on with complex calculations this year. Using resources and fun-filled activities created by our senior school students, the girls came together for a collaborative lesson in order to share their understanding and think about mathematics as a team.

Prep 6 teacher Mrs Carveth said: "There was a really productive atmosphere in the room and it was wonderful to see the level of support the girls immediately offered each other. Many said that they felt they'd really progressed by the end of the lesson."





Read all about it

British national treasure, author and dramatist, Alan Bennett once said that “a book is a device to ignite the imagination” so it’s no surprise that this year’s packed programme of literary activities and events has sparked creativity amongst girls of all ages.

In March, our corridors were awash with farm workers and fairies as senior school celebrated its love of literature on World Book Day. Girls from Year 7 to Year 13 joined in the fun with themed costumes including an agricultural invasion straight off the pages of John Steinbeck’s ‘Of Mice and Men’ and a tribute to Jane Austen in the form of Mr Darcy and two Elizabeth Bennets. Activities included a dressing up competition and a literary quiz while buddy reading between Prep 6 and Year 10 gave our older girls the chance to revisit some of their favourite childhood books.

The joy of reading was also celebrated in our Prep School when the girls dressed up as inspiring female characters ranging from Roald Dahl’s beloved bookworm Matilda to a clan of Warrior Cats. The day launched the Prep School’s ever-popular annual Book Fair.

The day came as a National Literacy Trust study found that children who enjoyed reading were significantly less likely to have mental health problems, while the Centre for Longitudinal Studies has found that reading for pleasure has a four times greater impact on academic success than one parent having a degree.

Aware of the value reading adds to their development, students throughout the school are encouraged to challenge themselves with the books they read and share their experiences together. Girls of all ages are always found in the library curled up with good book whilst younger pupils regularly take part in buddy reading sessions to help improve their literacy skills and build their confidence together.

Inspired by the fantastic worlds and fabulous characters that they’ve been reading about, our aspiring authors have also been creating some incredible fiction of their own. Our ever-popular senior school creative writing club has been working on publishing

an anthology of poetry and prose with novelist, Paul Stuart, which they are hoping to see on sale soon.

“Reading for pleasure has a four times greater impact on academic success than one parent having a degree.”

Against 1000s of entries from across the country, Year 7 Lola was even lucky enough for her work to make the top 50 shortlist in the Betjeman Poetry Prize.

Lola said: “It felt amazing to be shortlisted, I wasn’t expecting it at all. The poem is very special to me and when I found out that it would be published it really lifted me up to be able to share it with so many people.”

There’s also been a real buzz for our Prep School writers who received the news that they have achieved record numbers of spelling bee points this year. Every week, girls from Prep 3 to Prep 6 have diligently learnt their spellings and, with the support of their class partners have been storming to success. Points have only been awarded if the girls

gained full marks on each week’s test so the quantity they have achieved is extremely impressive.



Making a splash

From diving in during PE lessons and thriving in competitions around the country to girls continuing to improve at our Junior Swim School and brand-new school Swim Squad, it's been an exciting year for our young swimmers – they've really made a splash!

It's been a bright and early start at school for our keen swimmers this year as sessions got underway for our brand-new Swim Squad – an exciting venture led by Cornwall's leading swim coaches. Three mornings a week, the girls have dived in at 7am to perfect their strokes.

The course leaders are some of the county's top swim coaches from Cornish Swim Academy. Lee Stanbury is Head Coach at St Ives Bay Swimming Club as well as being Head of the Cornish Swim Academy. He is a national Age group finalist and finished 3rd in the European Masters Championship.

With 30 years' experience behind him, Lee offers the squad invaluable expertise to help them prepare for a raft of swimming competitions.

Hoping to gain the competitive edge and add even more medals to their collection, the squad is already working extremely hard in preparation for a huge number of upcoming

county and regional competitions.

Following each morning's hard work, the girls have enjoyed a hearty breakfast in the dining hall before heading off for the school day. The development programme is open to girls of all ages and currently includes students from Prep 4 all the way to Year 11.

The hard work of all our swimmers has certainly paid dividends and the girls have come into school laden with trophies, medals and even news of breaking regional and national records throughout the year.

Incredible achievements have ranged from Year 11 Hannah's national debut in the 14/15 Girls 100m Breaststroke to Prep 5 Anna placing in the top 5 swimmers in the South West and in the top 30 nationally in several races.

Scores of girls have also returned from county galas with impressive times and prizes. These included the Newquay Cormorants swimming



gala where Year 8 Sienna won gold in the 50m breaststroke and a special trophy as overall best 50m breaststroke in the entire gala.

Year 7s Kitty, Heather and Katie also put in some stunning performances winning four golds, five silvers and three bronzes between them. Heather was also a finalist in the overall 50m breaststroke category and Katie beat two regional records for the year group above her.

Prep 6 Hannah won two silvers and a bronze whilst her classmate Imogen took silver in the 200m backstroke, 4th in the 200m breaststroke, 7th in the 50m backstroke and 7th in the 200m freestyle. Imogen's younger sister Naomi also performed brilliantly winning gold in 200m breaststroke, bronze

in the 50m breaststroke, 5th in the 50m backstroke and 6th in the 50m freestyle.

“This year, members of the Truro High Swim Squad have swept the honours board at national competitions, topped their PBs, beaten regional and county records and won scores of medals too.”

It was another day of celebrations after the North Cornwall Dragons Open when Year 7s Ella, Heather and Katie alongside Prep 5 Anna scooped an impressive haul which included ten golds, seven silvers and five bronzes.

Katie and Ella were also on fine form at the Plymouth Leander Winter Qualifiers earlier in the month again winning several top spots.

It was the turn of our sea swimmers to celebrate last April when the squad swept the honours board at the National Surf Lifesaving Pool Championships.

11 of our swimmers were out in force at this national

competition and were delighted to head home with four golds, six bronze and 21 top 20 places between them. The championships saw more than 400 of the nation's brightest and best young swimmers vying for top spots.

The Truro High squad included Prep 4 Naomi, Prep 4 Florence, Prep 5 Anna, Prep 5 Lily, Prep 5 Matilda, Prep 6 Imogen, Prep 6 Jessica, Year 7 Bella, Year 7 Kitty and Year 8 Grace.

It was a particularly momentous day for Prep 5 Anna who smashed the national record in the under 10s 50m Manikin Carry and Prep 4 Naomi who, pitted against over 70 top swimmers, took home three golds and a bronze.

Icy waters did nothing to deter the spirit of these girls when they dived into the 'Bude Sea Pool Swim Challenge' later in the year and their determination paid off – the team blew the competition out of the water!

Truro High took 12 girls to this brand-new event and, as well as the day being an incredible display of fortitude and teamwork, the team finished in record time beating the second place competitors by a whopping 40 minutes.

The team included Prep 4 Florence, Prep 4 Naomi, Prep 5 Matilda, Prep 5 Anna, Prep 6 Jess, Prep 6 Hannah, Prep 6 Imogen, Year 7 Bella, Year 7 Ella, Year 7 Katie, Year 7 Heather as well as Sylvie who joined the school this September.

The year was rounded off with an impressive win from seven of our Prep 6 swimmers following the news that their team won the county champion title at the Cornwall School Games.

All of the girls proved invaluable in getting the squad to the finals which saw them proudly head back to school clutching the county trophy and sporting medals for their efforts.

Director of Sport, Ms Kat Barbery-Redd said: “This was a real team effort and I couldn't be more proud of them all! Every single member of the squad has contributed to getting the team to the finals and I'm delighted that their hard work and dedication has been rewarded.”

The squad consisted of Prep 5 Anna, Prep 6 Chloe, Prep 6 Hannah, Prep 6 Imogen, Prep 6 Lila, Prep 5 Matilda and Prep 6 Olive.



Bright futures

There were celebrations for our Upper Sixth students in August as their hard work and commitment resulted in them heading off to some of the UK's top universities to study subjects ranging from medicine to mechanical engineering, textile design, psychology and criminology.

More than a third of the A Level cohort went through our Aspiring Programmes for Medics, Engineers and Lawyers resulting in their securing places to study on a number of these highly competitive courses. Nearly 15% of students secured coveted spots to study Masters degrees whilst all those wishing to pursue a career in the creative arts secured unconditional places to study at top arts colleges.

Last year the school made headlines after it was ranked the number one Small Independent School in England for its A Level results with 59% of all passes at A* or A. This year it used that platform to announce it would not be publishing its results saying the growing culture of comparison was becoming increasingly damaging to young people's mental health.

Headmistress, Mrs Sarah Matthews explained: "Results day has, as

always, brought some fantastic stories of success and lots of tears of joy but we feel very strongly about the need to celebrate the girls' individual achievements rather than to broadcast the overall success of the school."

"We strongly believe in a growth mind-set and we don't wish to undermine the journey of hard work, determination and growth that all our girls undertake, whether they reach the impressive heights of the A and A* or not."

"We must ensure we celebrate equally the students who have absolutely worked their socks off to move from a D grade to a B grade, as this achievement and personal journey is just as phenomenal."

Among those collecting their results was Kitty who headed to Loughborough University to study a Masters in Mechanical Engineering whilst aspiring medic Ezgi headed off to the University of Nottingham to study Medicine.

Saskia headed to Falmouth University to study Fashion Design and equally delighted was Megan who returned to Truro High just one year ago to study Textiles. She headed to De Montfort University to study Contour

Fashion and said: "I am just so glad I came back to Truro High because I definitely wouldn't have got an A* otherwise. I would just like to thank my teacher for all she has done. She has been amazing."

Amy moved a step closer to her dream of playing Olympic Hockey and headed to the University of Bath to study Sports Performance. She has already played for the England U18 squad, an honour reserved for only the top 3% of under 18 players in the UK.

She said her move to Bath would be a massive boost: "I am over the moon. Alongside my studies I will be able to access really high intensity training from coaches

with direct links to the England squad which will enable me to fully focus on my Olympic dream."

"Results day has, as always, brought some fantastic stories of success and lots of tears of joy but we feel very strongly about the need to celebrate the girls' individual achievements"

Forging international connections

Never has there been a more important time to reach out to the international community and forge connections around the world. This has certainly been the case for our Languages department this year as students took the lead in a packed programme of school exchange visits and overseas trips.

We said 'buen viaje' to our senior school linguists during the Michaelmas half term holiday as they flew to Alicante to improve their language skills and experience Spanish culture first-hand.

Located on the Mediterranean, Alicante is small but vibrant city with many historic buildings and cultural attractions, magnificent beaches and leisure facilities.

For some it was the first time travelling abroad and the trip offered a real insight into the country's culture, people and way of life as they put their language skills into practice. From ordering their breakfast in Spanish and getting to grips with a different school environment at our partner school, I.E.S. Las Lomas, in Alicante to exploring the city's historic Santa Bárbara Castle with its breath-taking views and tasting 'chocolate con churros' at a typical Spanish Churrería, the girls really got a flavour of life in Spain.

Every night the girls were challenged to write up a diary in Spanish as well as ordering all of their meals, using

“By the end of the trip everyone had grown so much in confidence in their speaking skills and the girls were chatting away in Spanish wherever they went.”

Mrs Kate Cox, Spanish teacher





public transport and talking with their local guides in Spanish.

Trip leader, Mrs Kate Cox, said: “The focus was for the girls to really immerse themselves in the language. It was a bit of a culture shock for some, especially in the hustle and bustle of the city centre, but by the end of the trip everyone had grown so much in confidence in their speaking skills and the girls were chatting away in Spanish wherever they went.”

It was a busy week which included exploring the narrow streets which snake around the beautiful Barrio Santa Cruz district; getting a taste of Spain’s chocolate making heritage at the Valor Chocolate Factory; finding out about Alicante’s famous bonfire festival ‘Las Hogueras de San Juan’; trying some authentic Tapas; and much more.

A highlight of the week was heading to a local secondary school where they met the students and took part in lessons, workshops and even a Zumba class! The girls were overwhelmed by the warm welcome they received from students with some even forming new international friendships and starting regular correspondence.

Catherine, in Year 11, who hopes to study Spanish at A Level said “going to the school was amazing – the students were so welcoming and friendly!”

Later in the year, our budding linguists continued to forge continental connections when they welcomed 30 of their French pen pals for the latest instalment of our French exchange programme.

Our languages student ambassadors took the lead in hosting the students from Collège Sainte Anne and organised a huge number of activities to immerse them in the English language – these ranged from teaching them about English slang to treating them to a Cornish cream tea.

Miriam, Lena, Isabella, Justine, Lilly, Grace and Maya did a fabulous job looking after our guests and girls from across the school spent the day merrily chatting with the students in both French and English as they got to know them a little better.

This cultural exchange was one of many exciting languages trips and projects – this year alone our student ambassadors have launched a foreign language film society and clubs for younger girls in everything from German to Russian.

Our team members speak six languages between them and have had a fantastic time introducing our community to them over the course of the year. Roles, such as these, challenge our students to take the lead when it comes to their learning and help them to develop skills for the future.



Life lessons

Picture the scene – it’s a chilly Monday morning and, whilst students carrying books head on past to their next lesson, a group of 16-year old girls are crowded around the bonnet of a car busily topping up the engine oil. It’s not a sight you expect to see as students across the school settle down to work in the classroom but this was a life skills session this year and it was one of many more to come.

Last September saw the launch of the school’s ‘Future Ready’ Programme which offers girls of all ages the chance to develop new life skills, increase their business acumen and best prepare them to make informed choices in the future.

This has ranged from Bikeability courses and enterprise projects in the Prep School to professional qualification training, organising outreach work and a bespoke programme for aspiring medics, lawyers and engineers in the Senior School. It’s a comprehensive and far-reaching programme and you’ll find a huge number of these sessions and courses throughout the magazine.

A brand-new ‘Life Skills Day’ has even been introduced for the Sixth Form and saw girls learn a whole host of essential skills with specially trained guest speakers including how to change a tyre, creating a gourmet feast for under a fiver and staying safe on a night out.

Students were also tasked to plan leadership projects and charity work to prepare themselves for the world of work and support their applications to university and beyond.

The day complemented a series of weekly sessions which aim to prepare students for life



AMBITIOUS DREAMS. BRIGHT FUTURES.

“Equipping girls with skills for life is... an essential part of how we empower our students to not only survive but thrive in the world beyond the school gates.”

Mrs Sarah Matthews, Headmistress

beyond the school gates. These have ranged from learning how to whip up an impressive repertoire of delicious, nutritious and cost-effective dishes to sessions on financial planning, critical thinking, mindfulness and UCAS applications.

Headmistress Mrs Sarah Matthews said: “It is absolutely vital that when students leave us they feel confident to face whatever challenges may come their way in the future. As a school, we believe that equipping girls with skills for life is as important as academic success and an essential part of how we empower our students to not only survive but thrive in the world beyond the school gates.”

The ‘Future Ready’ programme offers every student a fantastic opportunity to find out more about the careers that they are passionate about so it’s no surprise that there was a real buzz in the air for the first instalment of our ‘Meet the Professionals’ sessions this year.

From entrepreneurs and artists to technical sportswear designers, psychologists, lawyers, GPs, engineers, environmental consultants and many more, girls from Year 11 - 13 had the chance to quiz the professionals who talked about their careers and gave the girls advice on how best to prepare for their particular line of work.

The session proved a fantastic springboard for the girls, several of whom organised future work placements with our guests’ organisations there and then.

As well as taking up a fascinating array of work experience placements ranging from the centre that develops scientific instruments for NASA to top law firms and fashion design companies, students have also had the opportunity to develop professionally with a host of qualifications and training on offer.

Following its huge success last year, our latest cohort of students to take part in ‘Teaching English as a Foreign Language’ training last summer are a prime example of this.

During the two-day certified course, the girls covered everything they would need to know to enter the world of English Foreign Language teaching and get prepared for an exciting adventure around the globe with this fantastic career opportunity.

From Russia to Africa, the girls have big plans about where they want to head now that they are certified to teach English as a foreign language and they can even offer private lessons in the UK.

Other professional training qualification courses have included Emergency First Aid at Work, Mental Health First Aid training and even the National Pool Lifeguard Qualification, accredited by the Royal Lifesaving Society UK.

It’s resulted in employment for swathes of the girls as well as providing invaluable life skills, which will stand them in good stead for many years to come.



Reaching out across the world

Students from Truro High School made a difference on a global scale last July when they headed out to the school's partner village in Cambodia to take part in an intensive week of education aid work.

Year 11s Charlotte and Katie alongside Sixth Formers Erin, Maya, Charlie, Holly and Ezgi spent an eye-opening eight days working alongside the team at Brasat Primary School in Kampong Thom province.

The trip was organised by Edukid, a UK-based education charity which is offering the school's students the opportunity to make a difference to underprivileged communities in Cambodia.

As well as getting stuck in with work at their partner school, there was also the opportunity for the group to meet the huge number of students who have benefitted from the work Edukid undertakes with CFC, the organisation's partner charity in Cambodia. This proved an incredibly moving meeting for everyone involved highlighting the huge impact that every student at the school can make to a Cambodian child's life.

There was also the chance for students to learn more about Cambodian history and culture including visits to memorial sites linked to the infamous 'Killing Fields' and to visit projects, such as the Ammo Jewellery Workshop, which aims to create beauty and positivity from the horrors and destruction of war.



Boarding adventures

Meet the girls who travel from all corners of the world to make THS their second home and you'll quickly see that it's much more than an exceptional place to live and learn – it's a family. Whether they're helping each other with homework or enjoying the raft of activities on offer as part of our action-packed weekend programme, the smiles and laughter say it all and this year has been no exception.

The year started off with a splash when girls of all ages dived on in at Retallack Aqua Park. With the sun shining down, everyone spent a fantastic afternoon negotiating their way across a giant trampoline, climbing wall, slides, blast bags and a particularly challenging balance beam. The exhilarating session on board Cornwall's biggest 'total wipeout' style floating inflatable playground was the first of many adventures for our boarders.

Getting active and pushing their boundaries alongside their friends has been high on the agenda and there's been no shortage of energy from the girls this year. They've jumped into everything from

learning how to be a crack shot on the rifle range to perfecting their skills along the county's stunning coastline.

Being so close to the sea, it was straight into wetsuits and out on the water before 10am one Saturday morning when the girls headed to Porthtowan beach to learn how to surf. From our seasoned professionals to first-time surfers, everybody had a fantastic time and headed back to Truro worn out but extremely happy.

It's also no surprise that there were a few aching limbs after the girls took to the saddle for a ride

Teacher, Mrs Yvette Simpson said: "It was a kaleidoscope of experiences of a lifetime – learning about the horrors of the Keymer Rouge, visiting the awe-inspiring temple complex at Angkor Wat, experiencing the shocking juxtaposition of rich and poor and seeing the difference Edukid makes for so many children."

"It was wonderful to meet the students in the schools that the charity supports, see the positive effect of their intervention and, of course, to meet the Head and pupils of Brasat who Truro High will directly impact. Our girls were engaged and committed throughout and represented the school superbly. What a week!"

According to UNICEF, many Cambodian children take 10 years or more to complete primary school whilst more than half do not complete it at all. Nearly 50% of Cambodian families need their children to work in order to supplement household income, and many are simply too poor to attend as they can't afford the uniform, books and pens.

Education is the key to breaking the cycle of poverty for so many children in Cambodia and, with this in mind, the school has pledged to support Brasat Primary, enabling as many children as possible to attend school and supporting long-term, sustainable solutions to help them develop and thrive.

Earlier in the year, girls from across the school also had the chance to experience the difference their support can make by meeting Cambodian medical student, Bonnie, who is on the way to making her dream of becoming a doctor a reality thanks to the support of Edukid.

Bonnie grew up in a very poor family and as a child had to collect rubbish instead of going to school. With the charity's support, she is now studying medicine at the Royal University of Phnom Pehn where she will qualify as a doctor this year.

Bonnie said: "The message is to never give up. Even if your situation is bad, follow your dream. It was great to talk to the girls and they really understood this."

Over the course of the year, the girls will be leading a number of fundraising and awareness events to support Brasat Primary. These have already ranged from creating a massive map of the country out of donations from the school community to hosting 'The Cambodia Challenge' – a sponsored afternoon of physical feats that saw students of all ages working as a team to achieve the equivalent of climbing Mount Everest, swimming the Channel and running from Land's End to John O'Groats.

Every penny raised has gone to support children in the school with which Truro High is working.





along the Gannel Estuary. The girls took advantage of the beautiful sunshine, collecting their horses from Trenance Riding Stables before trotting off beside the water. The experienced riders enjoyed a gallop on the sand and all returned home with big smiles.

Whilst many of the girls cram school sporting activities into their daily schedules, weekends offer even more opportunities to work up a sweat and try something new. This has included everything from early-morning Zumba sessions and regular 5K park runs around beautiful National Trust properties to evening swims in the school pool and mastering rock climbing at Granite Planet.

There was even more to come when the girls packed their bags and headed north up the coast for a mini-break. The end of the school day saw them jumping into minibuses and heading to Porthpean Adventure Centre for an evening of fun followed by an action-packed day of entertainment on, and off, the water.

The next day had a distinctly Cornish feel as the girls took to the saddle for a bike ride along the Camel Trail.

The sun beat down on them as they cycled their way along the scenic path with stops along the way for a spot of stone skipping into the beautiful estuary and essential nutrition in the form of smoked mackerel pasties, fudge and ice-cream. A delicious end to a mouthwatering weekend of delights.

“This year, our boarders headed out on nearly 60 exciting weekend outings across the county and beyond.”

With such beautiful scenery right on our doorstep, it's no surprise that trips like this have been a regular highlight for the girls this year. They have ranged from running barefoot through the sand dunes at Perranporth to cliff-top dog walks and watching the seals snoozing on the rocks at Godrevy Point.

Later in the year, the girls got up close and personal with these fascinating creatures on a trip to the Cornish Seal Sanctuary in Greek.

The Sanctuary rescues and rehabilitates grey seal pups from around the Cornish coastline as well as being a permanent home to animals

that need special care.

The group arrived just as feeding time began so there was lots of fun and laughter as they enjoyed watching the seals have their lunch.





There has also been plenty on offer for our creative types. One weekend, for example, they got the chance to try their hand at creating some modern masterpieces as they delved into the bold Japanese art of Manga with author and artist Keith Sparrow. With Keith's expert guidance, the girls spent an afternoon bringing their favourite anime and manga characters to life on the page. Everyone had a fantastic time learning this fabulous new skill with advice and tips on all areas of drawing from keeping a sharp pencil to line work and shadows.

Also getting a big thumbs-up from many of our girls were the numerous visits to the pottery painting studio at Cornwall Gold where our boarders were as much admired for their fabulous manners as for their impressive artistic skills.

A year of incredible adventures was rounded off in intrepid style when the girls waved goodbye to their beds and headed off for a weekend under canvas. Hosted by Nine Ashes Scout Activity Centre, the girls and boarding houseparents made short work of assembling their camp and prepping the tents loaned to them by the school's DofE unit.

For some, it was their first time sleeping in the great outdoors but the excitement of cooking Bolognese over an open fire quickly dispelled any nerves. The evening was spent playing

Frisbee and other games before they toasted marshmallows with bananas and chocolate over the fire and headed off to bed.

The following morning, after breakfast in camp, the girls split into three groups tackling abseiling, mini quad biking, and rifle target shooting.

Every year, we welcome girls who have travelled from all corners of the world to make Cornwall their second home - the houses are home to girls of 10 different nationalities right from Nigeria to China and Romania to the United States. Our boarding family continued to grow this year as we welcomed Aggie, a black Labrador puppy who has become a hit with students and staff alike.

Mrs Kate Roberts, Boarding Housemistress, says that the addition of Aggie will benefit the girls greatly: "It allows the girls to feel like they have a home from home, with many of them having family pets already. It's so important these days to look after your mental health, and sometimes a five minute cuddle with the puppy can really sort you out".

Aggie isn't alone in her new role. She'll slot in alongside Meg, a beloved black Labrador who the girls regularly walk around the school grounds and take on coastal walks with Mrs Roberts.

Research for the future



This year, drilling started on the UK's first ever geothermal electricity plant - right here in Cornwall - and Truro High School's students were invited to get involved with its research.

Last winter, the United Downs Deep Geothermal Power project (UDDGP) launched drilling operations near St Day, in a bid to demonstrate the potential of the geothermal resource in the UK to produce electricity and renewable heat.

Truro High was one of only nine schools chosen to have a 'Raspberry Shake' seismometer installed within its grounds offering students the chance to help the project with its continuing research.

This high tech instrument records vibrations in the ground, measuring seismic activity to industrial standards. Using real-time data, the school's students are now able to monitor the effects the project has on the surrounding environment and to become an integral part of the Cornwall Raspberry Shake network.



In order to find out more, a number of the school's geography students attended a lecture with renowned geologist and UNESCO Chair of Geoscience and Society Professor Iain Stewart and the UDDGP Project Geologist Lucy Cotton. The girls gained a fascinating insight into the work they will be doing for this landmark project and how the country can utilise the geothermal heat harnessed by it to produce clean, reliable and renewable energy.

Many also joined Lucy later in the year when she discussed the project in depth as part of our Aspiring Engineers programme's ever-popular evening lecture series.

Hands-on research work such as this has proven the perfect way to bring Geography to life for our students. This approach has extended right throughout the senior school this year including everything from regular fieldwork trips around the country to interactive 'challenge' sessions in the classroom.

For example, our Year 7, 8 and 9 geographers were tasked to create a model volcano in just under an hour. Inspired by world-famous sites ranging from Krakatoa to Mount Vesuvius, the girls spent a great deal of time and effort researching and planning their projects.

Then, in 60 minutes, the girls put their creativity, attention to detail and time management to the test

in a race against the clock to bring their intricate and accurate models to life.

Their teacher, Miss Miles, was extremely impressed by the girls' proactive and enthusiastic approach to the projects and the session was rounded off with some all-important self-assessment.

Cornwall has a landscape which cries out to be explored and our Year 11 students have been doing just that on their latest Geography fieldwork expeditions.

One of these research trips saw the girls investigating the River Cober. There were plenty of regular stops along the way during which the girls eagerly clambered down on to the riverbed and set to work measuring the river width, depth, speed of flow and sediment size.

It was hard to keep them out of the water once they got started with many boldly wading up to their thighs to take note of the Cober's many meanders, pools and riffles.

Teacher Mrs Heidi Carveth said: "I was so impressed by the girls' enthusiasm, commitment and behaviour. Their confidence to get stuck in with independent learning really shone through and, most importantly, there was a lot of laughter too. It was great exam revision and a fantastic use of their practical skills – I can't wait for the next expedition!"



“Their confidence to get stuck in with independent learning really shone through.”

Making a positive impact



Students at Truro High School have big dreams and those aspirations are as much about making a positive change that enhances the lives of others as well as themselves – it’s about reaching out to those in need, making an impact and giving our support.

From collaborating with Cancer Research UK and selling Remembrance poppies to taking part in aid work in Cambodia and spearheading a plastic-free school initiative, it’s been a busy year of charitable work for our girls.

children’s characters to leap off the screen and into the classroom as girls of all ages donned outfits from their favourite TV shows and films in aid of BBC Children in Need.

You’ll hear about some of these larger stand-alone projects throughout the magazine but the school also hosts a huge number of fundraising and awareness days to get students pro-actively making a change for a worthy cause.

Ensembles ranged from Marge Simpson and Elmer the Elephant to the entire ‘Scooby Gang’ complete with terrifying mummy and a box of ‘Scooby Snacks’. The school’s Year 13 students even spent the day hard at work dressed as a big bunch of ‘Bananas in Pyjamas’. Staff also got in on the fun with highlights including The Cat in the Hat, Rainbow’s Zippy and the entire family from Pixar’s ‘The Incredibles’.

Headmistress, Mrs Sarah Matthews said: “Every year, the school is extremely proud to raise thousands of pounds in support of a huge number of worthy causes. We are hugely grateful to all of our families for their ongoing support of our charitable work.”

The day’s activities culminated with a hotly-contested inter-house competition to find the most inventive costumes and our judges were extremely impressed with the entries. Our Sixth Form again put in sterling service at a mid-morning cake sale raising many hundreds for the charity.

For nearly a decade, every October Truro High has turned all shades of pink in aid of Breast Cancer Now’s annual fundraiser, ‘wear it pink’ and this year was no exception.

BBC Children in Need works throughout the year to ensure that every child in the UK has a safe, happy and secure childhood, and the chance to reach their full potential. In order to help support Cornish children in need, Truro High families also kindly donated a huge amount of good quality children’s clothes to a local women’s refuge.

The following month it was time for beloved





Springtime had everyone very red in the face, and all over in fact, when our community joined the thousands of people raising money for Comic Relief 2019. Spearheaded by students from the school's 'Plastic Free Initiative', the community donned a whole host of red apparel with many choosing face paint instead of the charity's plastic red nose.

A huge number of edible red noses made an appearance in Truro High's Food Room however, as entries came flooding in for the Senior School's 'Great Comic Relief Bake Off'.

Young bakers were challenged to create a cake inspired by the charity. The winner was decided by the whole school community with students and staff casting their votes with donations to Comic Relief. All of the cakes were then sold to raise further funds for the charity.

There was a great deal of fun-filled fundraising throughout the day and Year 8 students Melissa and Isabella even took a vow of

silence to raise money for this worthy cause. The school's youngest pupils also took part in an early morning dance-off.

“Every year, the school is extremely proud to raise thousands of pounds in support of a huge number of worthy causes.”

Our students also got in the spirit of giving as part of this year's Christmas Shoebox Appeal. Our eager elves sent off a bumper delivery of nearly 100 presents to the charity Link to Hope which sends boxes of gifts to families and elderly people in Romania, Bulgaria, Moldova and the Ukraine.

Over the last decade, our students have sent off more than 1000 parcels to Eastern Europe and Africa lovingly filled with a mixture of everyday essentials and yuletide goodies.

This year the school is delighted to have supported and raised many hundreds of pounds for Cancer Research UK, Link to Hope, Comic Relief, BBC Children in Need, the Royal British Legion, Breast Cancer Now, Surfers Against Sewage, Macmillan Cancer Support and many more besides.

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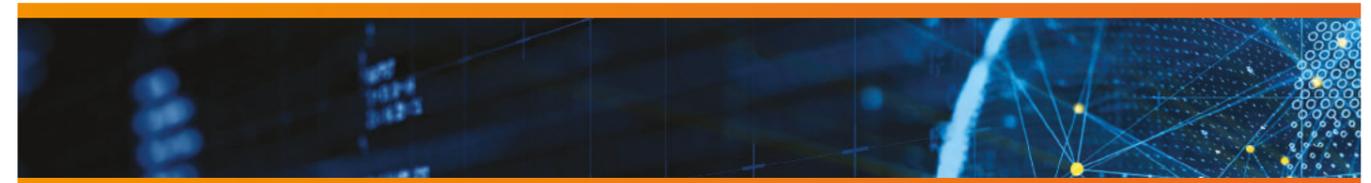
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The sky's the limit

Have you ever looked up at the sky and wondered what's out there? An increasing number of students at Truro High School certainly have and this year has seen girls of all ages blasting off on some incredible explorations – some are even one step closer to making it their career.

Every week, the school's aspiring astronomers have been busy delving into the fascinating world of outer space as well as preparing to sit a GCSE in the subject.

Their teachers Brian Sheen, the Director of the Roseland Observatory, and professional astronomer Carolyn Kennett are on hand to offer their expert guidance to the girls as they introduce them to this fascinating subject. Sessions have ranged from mastering the basics of using high tech telescopes to using the school's solar observatory – the first of its kind on mainland UK.

There was even the chance for the girls to meet BBC Two's 'Astronauts: Do you have what it takes?' finalist, Dr James Allen, at a special evening lecture. Dr Allen made it all the way to the show's finals alongside overall winner, Dr Suzie Imber, who visited Truro High to inspire 100s of schoolchildren from across the county last year.

The school's younger pupils were also treated to an out-of-this-world day last spring when they welcomed 9 to 11-year-olds from across the county for a day of interactive workshops with the team from the Cornwall Sea to Stars Project.



As well as the chance to take a look around the 'Sea to Stars' interactive, mobile science outreach unit, the schoolchildren also had the opportunity to do everything from examining actual lunar soil to learning how to use and maintain a professional telescope.

The project, which is spearheaded by Truro High's astronomy teachers, was one of only five public engagement projects to last year receive funding from the Royal Astronomical Society and aims to inspire the next generation of space scientists.

One such student is Year 12 Maddie who continued reaching for the stars this year as she prepared to make her application to study astrophysics at one of the UK's top universities.

Alongside her packed A Level schedule, Maddie has been doing everything from publishing experimental scientific research with her classmates to taking the lead as a student STEM ambassador – she even spent a week working alongside the team at the world-renowned UK Astronomy Technology Centre (UK ATC).

Based at the Royal Observatory in Edinburgh, the centre has a world-class reputation for developing innovative astronomical

instruments. It works with leading organisations, such as the European Space Agency, the European Southern Observatory and NASA.

Maddie spent her week gaining a fascinating insight into the cutting-edge research which the centre undertakes. This included using computer-aided design programmes, learning how to develop software and building a spectroscope – a piece of equipment which can analyse the elements that make up stars and planets. There was even the chance to explore the centre's 15,000-strong collection of rare scientific books.

Maddie said: "Every day was something completely different and there were so many things that I didn't even know were part of the industry. The engineering side was my focus and it was incredibly exciting to explore the cutting-edge technology the centre is creating. The placement has definitely confirmed for me that I want a career in astronomy."

It's a huge step up from joining the school's tea-time astronomy club just 5 years ago. Maddie still joins the club to share her experience with the school's younger students and inspire them to also reach for the stars.



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Up for the challenge

Picture the scene – it’s a sunny Monday morning and girls as young as four are brimming with excitement as they prepare to embark on an incredible journey into learning with themselves firmly in the driving seat. They will be taking the lead in independent research and interactive activities and it’s all up to their curiosity to see where this incredible adventure takes them.

It’s all part of our Prep School’s Learn Challenge Curriculum which sees girls as young as 4 years old encouraged to explore, investigate, question the world around them and build their confidence about working independently – skills that will stand them in good stead for many years to come.

It’s an approach which aims to help students from the youngest age to feel confident to work under their own steam and it’s proven a real hit in the classroom this year.

Head of Prep School, Miss Annabel Ramsey said: “There’s been a real appetite amongst the girls to engage with this independent style of learning and it’s been wonderful to see them all flourish in the classroom. As a school, we encourage the girls to develop a growth mind-set, to take on a challenge and to build resilience to find solutions when things don’t go to plan and the Learn Challenge Curriculum offers a fantastic means to build these essential skills and instil in them learning behaviours and attitudes that will stay with them for life.”





Exciting interactive lessons have this year ranged from girls getting hands-on with weights and measurements in Maths and exploring the hills, fields, rivers and coastline along Cornwall's South Coast using maps and string in Geography to launching a whole-school recycling project in Science and using the Prep School's state-of-the-art 'learnpads' to independently research everything from rivers and seas to Boudicca.

Following the huge success of the Learn Challenge Curriculum, in September the Prep School introduced a new homework policy swapping a significant proportion of the work undertaken at home for longer-term, curiosity projects.

Regular weekly homework on subjects such as English and Maths has remained whilst girls have

also been enrolled on a computer coding course to work on either at home or at their After School Homework Club.

“As a school, we encourage the girls to develop a growth mindset, to take on a challenge and to build resilience to find solutions when things don't go to plan.”

fantastic to see the phenomenal responses to this style of learning.”

Head of Prep, Miss Annabel Ramsey said: “The choice really is theirs as we value all subjects and want to give the girls a chance to immerse themselves in their own interests and curiosities. Such work is the perfect complement to our Learn Challenge Curriculum and encourages independent practise and further development of the enquiry and learning skills taught at school.”

“Researching something which truly excites them is far better preparation for independent thinking and learning than traditional ‘homework’ and it's been



Lest we forget

November marked 100 years since the end of the First World War. Ceremonies across the UK formed the climax of four years of commemorations honouring the sacrifice of millions of servicemen and women.



From selling poppies in Truro to studying the poetry of the First World War in English lessons, girls from Pre-Prep through to Upper Sixth have also been doing their bit to commemorate those who have lost their lives and sustained injuries in war.

Students and staff throughout the school wore their poppies – some paper and many handmade – with great pride. To help the general public get theirs in time for Remembrance Sunday and raise vital funds for the Royal British Legion, our girls headed to Waitrose in the run-up to the commemorations to sell poppies to shoppers.

To mark the Armistice Centenary, our English department also ran a poetry competition to inspire students to reflect on the effects of war

and peace. The competition challenged students to put themselves in the shoes of those affected by war and create work inspired by the moving poetry of World War I. English lessons during November also saw girls from Prep 6 upwards studying poetry ranging from 'In Flanders Fields' to the works of Wilfred Owen. They were then tasked to put pen to paper to write their own creative pieces inspired by their research.

Girls of all ages also took part in their own service of Remembrance ahead of the ceremonies on November 11th. Father Christopher Epps welcomed staff and pupils to St John's Church in Lemon Street for the ceremony and encouraged all the girls to think about how different the world might be had those brave men and women not been willing to risk their own lives to save others.

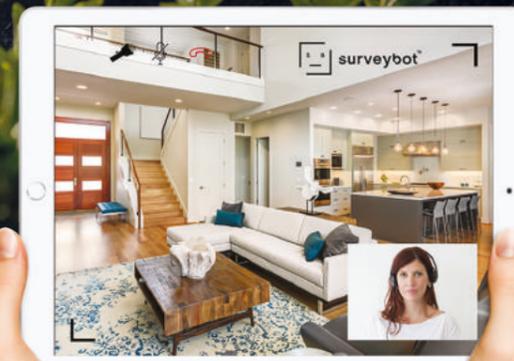


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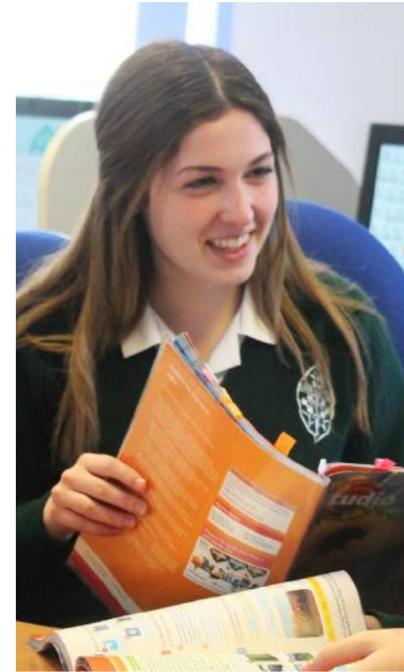
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Another string to your bow

The offering from Truro High School's Languages department has continued to grow this year and our budding linguists set off on a new and exciting adventure when many started studying Mandarin and even Ancient Greek.

Mandarin has been a particularly popular addition to the extracurricular programme with nearly 20 students – both girls and teachers alike – signed up for these exciting sessions. Under the expert guidance of their teacher, Fenghua Mo – known as Sammi – the class had a fascinating introduction to learning about the world's most commonly spoken language.

Head of Ancient and Modern Languages, Mrs Sue Murley has been delighted to see so many keen linguists sign up for these brand-new sessions as the faculty's wide and varied extracurricular programme continues to grow.

This year, the Languages department was delighted to welcome Mr Oliver Durcan to the team to take the girls on exciting linguistic adventures in French, Spanish and Latin. Truro High is the only school or college in Cornwall to offer Latin all the way to A Level so Mr Durcan says that he's particularly pleased to see that next year's GCSE

and Sixth Form cohorts will have record numbers of students taking the subject. It's a rigorous and academically challenging subject that starts for students in Prep 6 and is highly regarded by top universities and employers alike.

Keen to keep the classical past alive and kicking at school, last spring, Mr Durcan also launched a lunchtime club in the senior school for those girls who wish to study ancient Greek.

The latest addition to our extensive extracurricular programme, girls now have the chance to learn the language of some of history's most famous scientists and philosophers. They can even earn a GCSE in the subject. The club was made possible by funds from our fabulous PTA.

The offering continues to grow with Italian conversation classes set to be added to the extracurricular programme too.

These exciting opportunities come as a new study from the University of Washington shows that exposure to multiple languages is likely to make it easier for students to learn one.

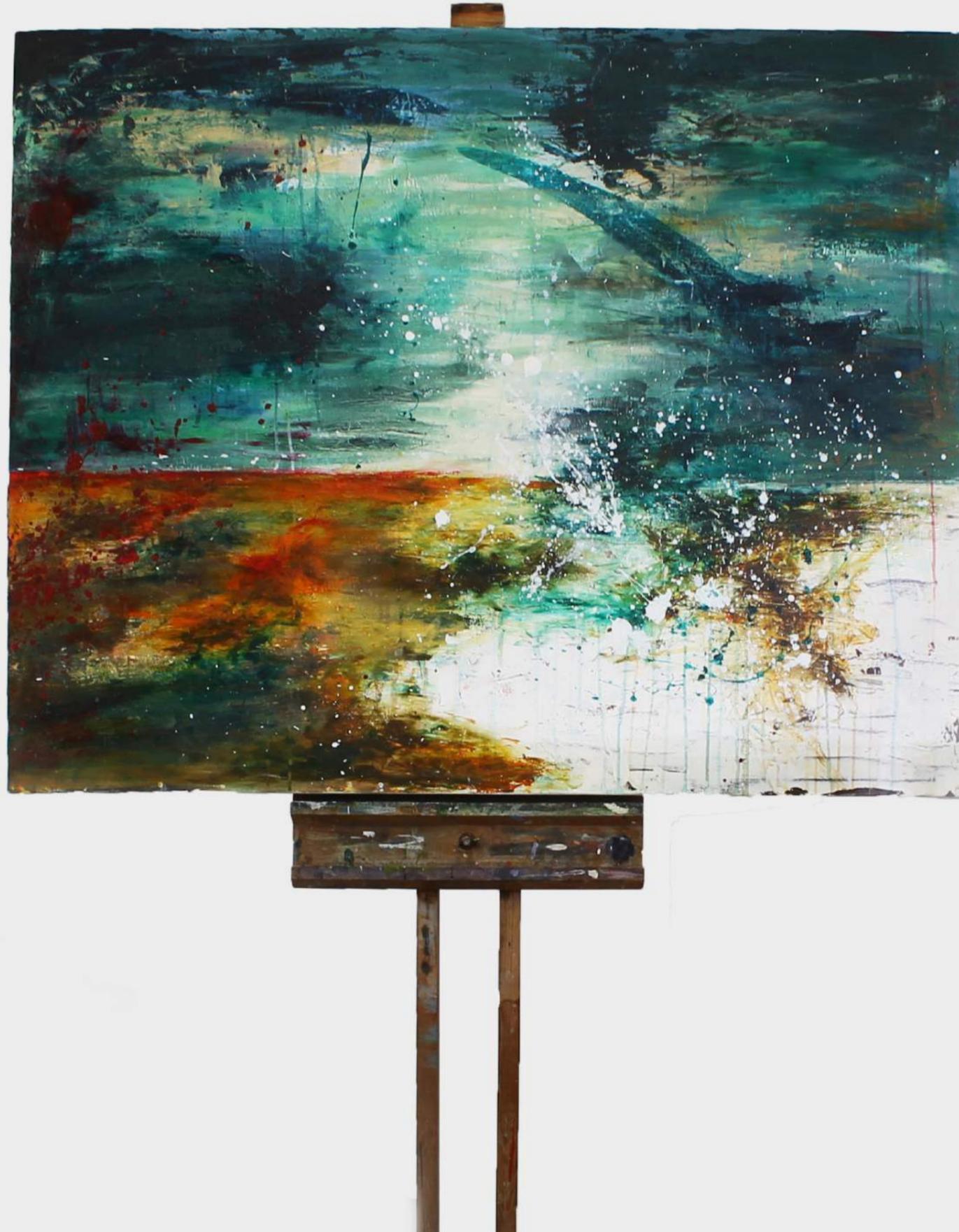
Bucking the national decline in high level language learning, linguistic exploration plays an important part in the curriculum from the youngest age.

At Truro High, pupils learn the basics from 4 years old working with senior school language teachers to build the foundations of becoming bilingual.

By the age of 13 they are taking on leadership roles as ambassadors for the department as well as regularly taking part in overseas trips and language exchanges.

For some, this journey will lead them to undertake work experience around the world and even qualify to teach English as a foreign language.

“Exposure to multiple languages is likely to make it easier for students to learn one.”



Fine art & high praise

Truro High has a truly impressive collection of art – visually arresting, thought provoking pieces that challenge your preconceptions and beckon you to look closer. These paintings, sculptures, installations and textiles could go on show in a professional gallery, in fact this year many have done just that, and you won't believe the age of their creators.

Headmistress, Mrs Sarah Matthews said: "This year's GCSE and A Level visual arts exhibitions quite simply astounded me with their beauty and technique. But not just that; rarely have I seen art in schools that makes me think, and that is the case at Truro High School. It's a real reflection of the talent and intelligence of our girls and it is no surprise that the students applying to continue their creative endeavours at degree level hold unconditional offers to top universities due to the strength of their portfolios."

There was a real buzz in the air for the summer exhibition, which showcased a stunning collection of work and even included a dazzling catwalk show with professional sound and lighting.

In front of a crowd of proud mums, dads, teachers and classmates, our designers blazed a trail down the runway with an impressive and vibrant collection of ensembles which they have created as part of their portfolios.



Guests also had the chance to take a closer look at work created by our older art students as part of this wonderful celebration of creativity.

The night was particularly special for Year 13 Megan who had just received unconditional offers to study Contour Fashion at London College of Fashion and De Montfort and for Year 13 Saskia who received an unconditional offer to study Textile Design at Falmouth, one of the UK's leading Creative Arts universities.

It was also a momentous evening for Year 11 Sage who took her first steps towards becoming a professional artist by selling a number of limited edition prints of her abstract impressionist work.

This stunning portfolio of work has wowed visitors throughout the year at showcases including the Royal Cornwall Show and the Truro High Art Trail. Work on show

ranged from Pop Art created in exciting lessons with 4-year-olds to abstract experimental pieces created by girls about to head off to some of the country's top art schools in our dedicated A Level studio. It's a testament to the fact that exploring creativity and honing specialist skills is something that starts at the youngest age at the school.

This is certainly true of Prep 3 Lucy and Sixth Form Alina who, despite being nearly a decade apart in age, both swept the honours board in the Truro Boscawen Rotary Club in their Young Photographers' Competition winning silver and gold for their efforts. As a result of her success, Alina's work was even judged against the top pieces from across the region.

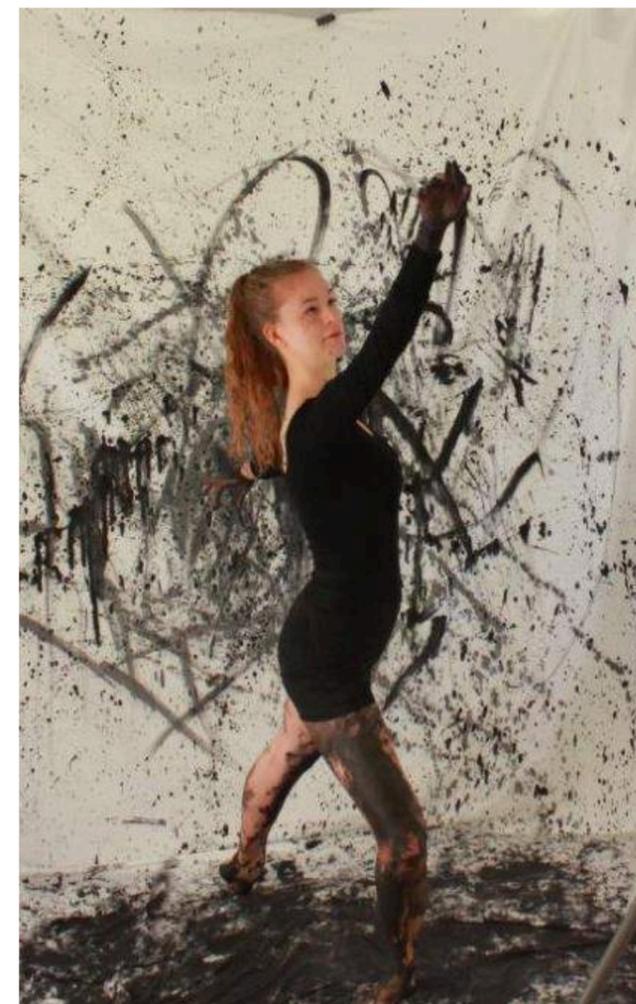
Head of Creative and Performing Arts, Mrs Judith Tutin said: "Competitions like this are a fantastic way to celebrate the talent of

“Rarely have I seen art in schools that makes me think, and that is the case at Truro High School. It’s a real reflection of the talent and intelligence of our girls.”

the county's young artists and we always encourage our girls to get involved. This kind of success is a real honour and gives students a confidence boost in their creativity. I am incredibly proud of Alina and Lucy – they represent the artistic talent we have amongst girls right from Prep School to Sixth Form.”

It's been a year of astounding success for our young creatives from scooping three top-level prizes and eleven honorary commendations in the Young Art Cornwall Competition to nine girls being selected to exhibit at the home of the society which was founded by some of the world's leading contemporary artists.

Year 11s Sage, Lowena, Emma, Catherine and Fiona alongside Year 8s Bella, Sophie and Melissa and Sixth Former Holly last November received the news that their work would go on show at Penwith Gallery in St Ives – home of the Penwith Society of Arts in Cornwall. More than a hundred 13-18 year-olds applied, and a short list was handpicked by renowned artist and former Director of St Ives School of Painting, Roy Ray. The School of Painting said that the overall standard of work was outstanding.



Back in time

“Days like this are fantastic for bringing history to life and making learning more meaningful.”

Miss Annabel Ramsey, Head of Prep School

Imagine you could get into a time machine and travel back thousands of years. Where would you go? What would you smell? Who would you meet? For many of our youngest pupils, the dream of bringing the past to life has become increasingly possible this year, with role-play, handling artefacts, museum visits and creative cross-curricular projects all playing their part.

You could see the wonder and enthusiasm spread across the faces of our littlest learners when they headed off on a big adventure to explore the collections at Cornwall's answer to the British Museum.

The girls spent an afternoon getting inspiration for their latest science and history projects at the Royal Cornwall Museum in Truro and the excitement was hard to miss. The classes avidly investigated everything from local geology to Victorian letters, returning to school with huge smiles and even bigger ideas.

Some even created their very own museum dedicated to palaeontology in their classroom later in the term all inspired by the amazing ideas they came up with on this fascinating research trip.

Not be outdone, our Prep 5 class also built an interactive museum in their classroom later in the term. Exploring the fascinating world of Ancient Egypt, the museum offered a huge array of displays and activities to inspire our pupils.

These ranged from a mummy wrapping challenge and pyramids created using mathematical origami to a huge model of an ancient tomb. Girls of all ages were invited to investigate this incredible showcase and were fascinated to learn more about the land of the Pharaohs



The time travels began earlier in the day with a special assembly to introduce everyone to the wonderful world of life on the Nile. Performing to a packed audience of mums, dads, teachers and pupils, this show-stopping performance proved the perfect way to kick off the historical celebrations.

Preparations had been going on for some time with the girls undertaking in-depth research in their history lessons in order to create the museum displays. Art lessons had been spent creating Egyptian-inspired jewellery in the senior school studios whilst science saw the girls undertaking an experiment to mummify tomatoes.

The girls had also carried out research at the Royal Cornwall Museum and were intrigued to find out more as they got thinking about historical interpretations with activities ranging from examining ancient ritual objects to writing on papyrus and reenacting scenes from the afterlife. They even saw the mummified body of Iset-tayef-nakht – an Egyptian priest, craftsman and father who lived more than 2500 years ago.

Prep 4 also became archaeologists for the day when the girls investigated what life was like in Roman Britain at the museum as well.

They had a fantastic time exploring the Roman world as

they took a closer look at household artefacts and made some replicas of their own. Many even got to dress the part and tried a toga on for size.

Later that term, it was the turn of our Prep 3s to turn back the clock 2500 years and become Ancient Greek scholars for a series of time-travelling lessons.

Swapping their usual uniforms for togas and sandals, the Prep 3 classroom was transformed into the Platonic Academy with traditional lessons given an ancient twist.

The girls learnt to write their names in Ancient Greek, studied maths with hand-made abacus and played Hellenic folk melodies using modern-day instruments. There was also the chance to have a go at a favourite ancient pastime as they girls played knucklebones, the antecedent of the modern-day game of jacks.

Preparations had been going on for some time with the girls working in their history lessons to understand how education today differs from that for their ancient counterparts.

Head of Prep, Miss Annabel Ramsey said: “Days like this are fantastic for bringing history to life and making learning more meaningful – it’s created memories which will last for many years to come and given the girls a real insight into the past.”

Creative exchange

Collaboration lies at the heart of creativity at Truro High. It’s about swapping ideas, trying new things, shaking up your preconceptions and making something really exciting along the way. This ethos of creative exchange has been hard to miss

in the school art department this year. If you took a look around our studios you would have been astounded by what’s possible when young creatives get together and let their imaginations run wild.

Believed to be one of the largest collaborations of its kind in the South West, every year the Truro Combined Schools Art Project wows the county’s art lovers and, last June, the grand opening of the exhibition showcased a collection of work that was bigger and better than ever.

Our Year 9s were delighted to see their environmentally minded artwork take centre stage as part of this exhibition. It all took place in Truro Cathedral and was seen by thousands last summer.





Exploring the theme “Our World, Our Planet”, it was the first time this collaboration took place in the cathedral and featured pieces made by students from a number of local schools both in their lessons and in a series of special workshops led by professional artists. These have ranged from THS welcoming students from Penair School for a workshop with professional artist and screen-printing specialist, Tony Minnion to hosting an intensive one-day choral workshop for students from the Roseland Academy.

The school’s artists were also treated to a hands-on ceramics workshop with professional artist, Jenny Beavan. As part of the workshop, the girls made clay moulds of the fabulous tiles and bricks on the outside of Truro Cathedral before putting their impressions to use in the studio to create an incredible array of ceramic pieces.

Everyone was fascinated to find out Jenny’s top tricks and tips to create a truly individual piece of porcelain artwork and the art studio was buzzing with ideas all afternoon.

Headmistress, Mrs Sarah Matthews said “This collaborative project has been taking place since 2005 and has proven really beneficial to all the schools involved. It offers younger students the chance to have a professional focus to their work, meet working artists, share ideas and form friendships and the results speak for themselves. We believe it is the largest collaboration

of its kind in the South West and is a very special opportunity for all the students and teachers involved.”

Students taking the lead is a huge part of the success of large-scale projects such as these and many girls have really stepped up to the plate this year as part of the Arts Award. In fact, this year five students passed these invaluable qualifications with flying colours.

Year 12 Charlotte, Year 12 Maya, Year 12 Holly and Year 13 Sarah all achieved the Gold award for projects including developing and conducting a 50-strong choir, choreographing group routines for the school’s annual dance show, running an extracurricular animation club for younger students and creating an anatomical installation which went on display in the school’s Biology lab.

The Arts Award challenges students to get involved and

take the lead in the world of creative and performing arts helping them to develop into the cultural innovators of the future. Truro High is the only school or college in the county to offer the Gold Arts Award.

Year 7 Rosie is the youngest student to achieve an Arts Award here at Truro High earning Bronze. She is already busy working towards her Silver, which has seen her leading extracurricular dance clubs at school, and choreographing a routine for November’s Dance Show LIVE!

Many more girls are working towards completing these invaluable qualifications and for the first time this year the award will be offered to every student in Year 9 to give them the opportunity to help develop both their artistic and leadership skills.

“Our girls are given the confidence in their abilities to explore their work before refining those ideas with us and that independence really shines through in the work on show”

Head of Creative and Performing Arts, Mrs Judith Tutin said: “The Gold Award has been hugely successful for our Sixth Formers so this is a really



Come outside

exciting development. The girls can choose visual art, dance, drama or music, as well as combinations of these. Their skills will be covered in existing lessons and extra-curricular clubs, helping the girls develop independence by documenting their creative journey and doing leadership activities in these areas.”

The spirit of creative collaboration can have some truly astounding effects and this year it even helped to transform lives when the school partnered with Cancer Research UK to support its Young Art Cornwall competition.

Young Art Cornwall is an exciting new project which aims to raise vital funds for Cancer Research UK Kids and Teens. Truro High School is the competition’s official education partner.

The competition was open to all schools in Cornwall, for children from Reception up to Year 9, and received over 700 entries inspired by the theme of “What Makes Me Happy”.

As the result of the countywide competition many of our own young artists were selected to feature in a four-day exhibition at the Tate St Ives. The success came across the board with Truro High artists recognised in every category that they entered. Prep 6 Annabelle won a first prize place whilst Prep 4 Maisie and Year 7 Katie scooped third prize places. Highly commended prizes went to Prep 2 Ava, Prep 4 Holly,

Prep 5 Daisy-Grace, Prep 5 Phoebe, Prep 6 Jessica, Prep 5 Ruby, Year 8 Melissa, Year 8 Sarah, Year 9 Eve, Year 9 Scarlett and Year 9 Soleil.

All competition winners were invited to come to Truro High for a special steampunk-inspired art workshop with the school’s Head of Creative and Performing Arts, Mrs Judith Tutin.

Their families also attended a special exhibition for competition winners ahead of the showcase being opened to the public. There was the chance to view their work which had been professionally displayed before attending an awards ceremony with the judging panel, comprising of award-winning artists and gallery directors.

Music for the evening was provided by Truro High’s young musicians with everything from Bach to Fly Me to the Moon.

Mrs Tutin said: “I was incredibly proud to see so many of our girls attending to view their winning pieces in the Tate; it’s a great honour to have exhibited in a world-famous space. It was wonderful to see our musicians performing during the private view too. Our girls are given the confidence in their abilities to explore their work before refining those ideas with us and that independence really shines through in the work on show. I’m delighted that the school is supporting this project as it continues to expand.”

Take a walk through Truro High Prep School and you’ll likely spot a line of little wellies outside the classrooms of youngest pupils. It’s a sight that always brings a smile to your face perhaps, most importantly, because they never stay there for long. It’s been a busy year in the great outdoors for our littlest learners who have regularly swapped their classrooms for Cornwall’s woods, farmyards and beaches and headed off on a whole host of amazing adventures.

The Michaelmas term was kicked off in style when our Pre-Prep pupils ventured out into the great outdoors to forage for ingredients to make blackberry and apple crumble. The girls were feeling especially adventure-ready courtesy of their brand-new Truro High overalls and would all like to say a huge thank you to our dedicated PTA for helping to get them looking so smart.

Returning to the classroom with bowls brimming with juicy fruit to fill their delicious desserts, the girls then donned aprons and set to work chopping, measuring, sifting and stirring. In no time at all, there

were delicious smells coming from the school Food Room and everyone headed home with something very special for pudding that night!

The adventure continued when they took a trip to Trelissick Gardens to investigate the signs of Autumn for themselves. Apple picking and collecting fallen leaves were all on the agenda and the girls were fascinated to see the seasonal changes which they had been learning about in class for themselves.

As the final flourish to their exploration of all things seasonal, the girls also spent a morning learning how





to bake bread from scratch before taking the lead in assembly to talk about produce and plenty.

Some of our explorers continued to brave the wet and windy winter weather when they took on a whole day of exciting outdoor activities at the Nine Ashes Scout Centre in Bodmin in November. Wrapping up warm for a day exploring the great outdoors the girls had a fantastic time learning everything from how to collect the best wood for a warming fire to how to build their very own shelter in the woods.

The warmer weather brought even more adventures later in the year. You may have spotted a crew of nature-loving pirates roaming the school grounds on a natural scavenger hunt for ‘buried treasure’ whilst some girls even paid a very special visit to The Japanese Garden near Newquay. The girls wanted to create their very own tranquil oasis back at school so their research trip proved invaluable as they started planning their improvements for the Pre-Prep Department.

Biology lessons moved outside and around the school grounds when the girls investigated life cycles on the grass lawns – a great way to bring their lessons

to life and spark imaginations. Following a thorough examination of the insects and plants living in the newly-planted flowerbeds, there was then the chance to put their knowledge to the test in a fast-paced relay game on the life of a butterfly.

There were even more animal antics to come when the girls took real walk on the wild side and headed to Cornwall’s award-winning Wildlife Sanctuary, Paradise Park. This exciting day out aimed to complement and enhance the work the girls had been doing on dinosaurs, birds and habitats. It was a fascinating day with highlights including feeding the sanctuary’s huddle of Humboldt penguins, getting up close to a flock of shocking pink flamingos and meeting the park’s pack of Red Pandas.

The trip proved a fantastic way to help lessons spring to life and the girls created a whole host of wonderful work inspired by their adventure.

From a weekly forest school to nature walks and bird watching, we take every opportunity to take lessons outside and there’s always a great deal of excitement about heading into the great outdoors.

Full throttle

Prep School's budding Lewis Hamiltons went full throttle at the annual South West Greenpower Goblin racing championships last summer and once again proudly raised two trophies above their heads.

Even more impressive, this is only the third time that Truro High has competed at this regional competition.

Against nearly 600 pupils from primary schools all over the South West, the school's Goblin cars – Blazing Bamboo, Lightning Strike and Tropical Tornado – zoomed past the finish line with exceptional times which even won the teams a gold and silver for their efforts.

Hats off to the school's Blazing Bamboo team, who showed off not only their engineering capabilities but an exceptional creative flair, winning the award for 'best bodywork'. The judges were particularly impressed by their bright carnival theme and extensive use of renewable materials.

Hot on their heels was the Lightning Strike team whose impressive speed and teamwork in the Drag Race led to them winning silver.

It was also a fantastic day at the races for Tropical Tornado. The team expertly navigated the car through the tricky course laid out for the Slalom and, whilst there weren't any trophies on this occasion, the judges all commented on the impressive team spirit the girls showed throughout the day.





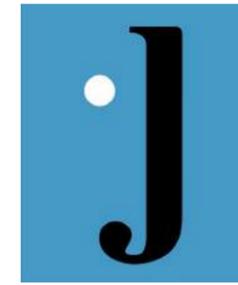
Alongside their packed enrichment schedule of dance lessons, sports clubs, languages workshops, enterprise projects, first aid training and so much more, the girls had been building the cars at their weekly Greenpower Club since the autumn in preparation for the event which took place at Predannack Airfield.

The IET Formula Goblin project aims to inspire children aged 9 – 11 years old to take an interest in engineering in a fun and innovative way. Each school is supplied with a kit car which has to be built by the team in the months leading up to race day. Cars are then entered into various categories for the chance of winning a Greenpower award.

The South West event is by far the biggest in the UK, incorporating almost half of Cornwall's primary schools as well as schools from Devon and further afield.

"I am thrilled and delighted by this year's amazing results," said Head of Prep Miss Annabel Ramsey. "It's a testament to the girls' commitment and enthusiasm not just today but right throughout the year. A big thank you must also go to all of our parent supporters who work tirelessly to make this project possible, we couldn't do it without them!"

The teams would like to thank all their supporters including the RAF and Prep School parents especially Linus Surguy, Sally Jones, Matt Hosking, Jamie Findon and Steven Frankland who give hour after hour alongside maths teacher, Mark Burley, to ensure the teams are ready to hit the track.



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Girls First

Daily school bus routes available from Wadebridge, Par and Penzance as well as a shuttle service for pupils commuting from across Cornwall by public transport. New route from Newquay and St Agnes coming soon.

In tune & ahead of their time

Composer Stephen Sondheim once said “if I cannot fly, let me sing” and, this year, the students of Truro High School have certainly soared to new musical heights whether they were picking up an instrument for the first time or creating top-level compositions in our industry standard music tech suite.

The school's students showcased their talent at performances and competitions throughout the year, ranging from performing at the Tate St Ives in support of Cancer Research UK to rocking out at the Truro High Talent Show and playing to hundreds in Truro Cathedral.

The culmination of a musical year came on a dark March evening as girls from across the school put on a phenomenal show at our annual Lent Term concert. It was a fantastic chance to hear the latest work by some of our superb musicians and singers, some of whom had been performing for years while others were taking to the stage for the very first time.

The evening saw girls right from Prep 6 to Sixth Form taking to the stage with a series of accomplished and extremely confident performances. These included a number of soloists and ensembles including our Senior and Chamber Choirs, String Group, Flute Choir, Senior and GCSE Ensembles and Ukulele Choir.

As well as offering our students the chance to experience the thrill of performing for a packed audience, the evening showcased the talents of many who have achieved music qualifications many years ahead of schedule. These include 13-year-old Rose who has shown great dedication to music and is currently working towards her Grade 8 violin. This coveted qualification is usually achieved by students about to head off to university.



It was also the debut for the school's rock band who put in an extremely polished performance for their first ever gig.

It was a particularly momentous night for Year 12 Charlotte who led the 50-strong Senior Choir in the place of their usual conductor, Mr Norman, as part of her Gold Arts Award.

It's been an exciting year for Charlotte who, as well as being selected to be Head Girl and starring in a lead role in our school play, gained top marks in her Grade 8 ABRSM singing exam.

Headmistress, Mrs Sarah Matthews said: "Every time I go down to the Piran Studio this is exactly what I see – girls pursuing their passions, building their confidence, developing their talents and growing in a whole host of ways through music. Every single day these girls amaze me and tonight really was like no other. It was an evening of first class entertainment."

“Every single day these girls amaze me and tonight really was like no other. It was an evening of first class entertainment.”

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Their talent was also again recognised at the annual Cornwall Music Festival, where the girls returned to school laden with trophies and certificates.

All Truro High students impressed the judges with every single one scoring an impressive 80 marks or above in their class. Most importantly, girls entered a record number of classes in the competition and all performed with confidence and conviction.

First place prizes went to Prep 4 Holly, Prep 4 Ornela, Prep 5 Matilda, Prep 6 Lila, Prep 6 Isabella, Year 12 Olivia and the Prep String ensemble. Prep 4 Naomi, Prep 6 Chloe, Year 7s Edie and Naomi all won silver places whilst Prep 6 Lauren took home three silver prizes for piano, a vocal solo and a duologue. Bronze was won by Prep 3 Sophie and

Prep 5 Ysella whilst Prep 6 Imogen took home two bronzes for her efforts. Top 5 spots went to Prep 6s Harriet, Plum, Chloe and Jess.

Special mentions must go to Prep 5 Matilda and Prep 6 Lila whose poem and solo verse speaking marks earned them an invitation to take part in the evening Gala Performance – only around 15 of the festival's top performers receive such an invitation.

Later in the year there were celebrations too for Prep 5 Victoria who achieved her Grade 4 ABRSM Violin qualification way ahead of schedule. The ABRSM Grade 4 is a standard which is usually only reached by students during their teenage years.

The 10-year-old musician put in an accomplished performance gaining a Merit in the exam set by the Associated Board of the Royal Schools of Music. Even more impressive, Victoria's score was only five marks off a Distinction.

Having progressed from Grade 2 in less than a year, Victoria was invited to join the school's Senior String Ensemble and now performs alongside students many years her senior, all the way up to Year 12.



Pitch perfect

From learning the basics with our Director of Sport in Pre-Prep to storming to victory against the country's top teams, hockey is an important and much-loved part of the sporting curriculum at Truro High. Many girls head up to the Astroturf just to have fun and improve their technique during lunchtime sessions but this enthusiasm is also paying dividends winning our teams countless titles and trophies – our under 16s even won a national podium place this year!

The school's under 11s, 13, 15s and 18s once again all raised the county championship trophies above their heads this year.

The impressive string of successes began last autumn when the under 18 hockey team won the county championship title 7-3 against Truro School and 4-1 against Truro College.

Spring then saw our under 11s crowned county champions for the seventh year running. Against the top school teams from across Cornwall, the girls won every match they played and didn't concede a single goal. Hot on their heels were the under 13s who won their title for the 6th year running. Even more impressive, the team scored 46 times over the course of the tournament.

Our under 15 hockey team were also on fine form and were crowned county champions once again, with an incredible 13-0 win against Penryn. The team dominated the pitch over the course of the season which has seen them win all their matches by an impressive 9.5 goal average and not concede any goals to their opponents.

Our under 16 and under 18 indoor teams have also proven themselves a force to be reckoned and headed home from

“The girls played outstanding hockey on a very big stage and the experience will stay with them for a lifetime.”

Ms Kat Barberly-Redd, Director of Sport



the finals at Truro School with the county trophy above their heads.

It's also been an exciting year for the under 16 team which saw them crowned third in the entire country in the Tier 3 National Hockey Championships.

In March, the girls followed in the footsteps of the world's top players and put in some truly stunning performances on the pitches at Queen Elizabeth Olympic Park to win this coveted position. Our players were, in fact, the only team to score a goal against the competition's overall winners, Sevenoaks School.

Even more impressive, three of our players were ranked in the top 10 goal scorers throughout the entire national finals. Year 10s Lucy, Katie and Olivia all scored significantly more goals than the vast majority of their rivals throughout the day.

Director of Sport, Ms Kat Barbery-Redd said "The girls played outstanding hockey on a very big stage and the experience will stay with them for a lifetime. Mr Elliott and I were extremely proud of how the girls represented the school with passion and determination throughout. What a fabulous experience for everyone involved!"

The success of these teams is a testament to the first class training they receive from all our coaches at school and this year that teaching talent even won one of our coaches a top national award.

Against competition from four of the UK's top national coaches, Ms Barbery-Redd was crowned the winner of England Hockey's prestigious Coach of the Year Award. Even more impressive, she was the only school and county level coach to make the shortlist.

One of only five people in the country to make the shortlist, Kat beat off competition from finalists including three England Hockey performance centre coaches and the coach of the gold medal winning England Over 35s Women's Team.

She was nominated for the award by parents and the School in recognition of her work as coach to Cornwall Hockey U14 Girls team, Newquay 1st and 2nd 11s as well as 12 teams at Truro High.

Her dedication and commitment to young Cornish players were commended by the judges who said that "she has done an amazing job to get them to the standard they are now." They also commented that "without Kat and her great ability to coach and develop, there would be less hockey players in Cornwall."

Commenting on her success, Kat said: "I genuinely didn't expect it – I'm absolutely blown away. I thought we were just going up to have a fantastic night celebrating hockey so when they said my name it was just amazing, the best feeling."

Top of their game

Whether they represent their country as part of a national squad or simply relish the thrill of honing their skills in a brand-new sport, getting active plays an important role in the lives of every Truro High student.

This year saw the launch of the school's Elite Sports Pathway programme helping its sportswomen manage their busy schedules playing for regional and national teams.

The programme has continued to welcome participants this year with an impressive number of students winning places on the country's top teams – the champions of tomorrow are certainly making their mark.

After a season of intensive training, in June eight of our dedicated netball players found out that they were one step closer to national level competition.



Year 9 students, Jennifer and Libby, won sought-after spots to play with the Under 15 Cornwall County netball squad whilst Prep 6 Poppy, Year 7 Bella, Year 7 Sophie, Year 7 Edie and Year 7 Camilla were selected to train at the U13 Cornwall Satellite Netball Academy. Only 20 players were selected in their age group - a quarter of whom come from Truro High School.

It was also an exciting June for 13-year-old Sienna who was chosen from hundreds of the South West's top players to train at a regional development hub. Only 100 girls were chosen and, even more impressive, places at the Team Bath Hub are usually reserved for girls aged 15 and over. If the girls impress their coaches over the next 12 months, they will all have the opportunity to progress to regional and national level competitions.

Director of Sport, Ms Kat Barbery-Redd said: "These try-outs involve hundreds of children across all age

groups so it's an incredible achievement for the girls to be chosen. Our coaches have been helping them prepare with vigorous training sessions and I'm delighted that it's all paying off. It's really important to us that we

offer opportunities for girls to reach an elite level in a wide range of sports and I can't wait to see the girls continue to progress."

Many of these girls played a vital role in our Year 8 and 9 netball team, who made it through to the regional finals of the under 14 PSP netball tournament last November. To reach regional level competition, the team won every game in the county finals by an average of 8 goals.

A trio of Truro High sisters was also celebrating following the news that they would all play hockey for their country amongst the ranks of the UK Lions National Squads.

12-year-old Emma impressed the national assessors and coaches at the UK Festival of Hockey leading to her

"It's really important to us that we offer opportunities for girls to reach an elite level in a wide range of sports and I can't wait to see the girls continue to progress."

claiming one of the sought-after spots to represent her country with the under 14 squad. She joined her twin sisters Katie and Lucy who received the England call-up last January and currently play for the UK Lions under 16 squad. 36 out of nearly 150 of the country's top sportswomen were selected from regional teams to play



for the under 14 squad. Even more impressive, most players in the team are a full school year above Emma.

Emma said "I couldn't believe it when the coaches told me. I'm a bit nervous about being one of the youngest players on the team but so excited for all the trips away."

Delighted mum Vicki said: "Its fantastic news and we are incredibly proud. They are definitely going to be busy over the next year!"

All three sisters train with Penzance Hockey Club every week alongside their school and national hockey commitments. To facilitate this rigorous schedule, they spend at least 6 hours on the pitch every week.

Sixth Former Amy also received the England call-up and put in a sterling performance as part of the 64-strong squad at the National School Games in Loughborough.

Only the top 3% of under 18s make it to this stage of England Hockey's Player Pathway which involves over 15,000 young hockey players across the country. She is the only female player in the South West to secure her place with this elite squad.

Amy said: "The intensity of the games was a real highlight and the atmosphere was incredible – there was music and a great crowd so it really felt like you were playing in a top level match just like at the Olympic

Games. The team narrowly missed a podium place but it was an amazing experience.”

Amy is now a step closer to her dream of playing Olympic Hockey for Team GB having headed off to study Sports Performance at Bath University.

Olympic hopeful Melissa also did her country proud winning bronze at the largest fencing competition in the UK, the Public Schools’ Fencing Championships. Nearly 1500 fencers competed in this prestigious tournament, which is estimated to be the largest youth fencing event in the whole of Europe.

13-year-old Melissa’s national win came as the young fencer prepared to compete with the England U15 Sabre team at Challenge Wratislavia in Poland. This was her second national call-up having competed with the U13 squad at the same time last year.

Truro High’s athletes have also been on top

form with four students ranking amongst the top athletes in the South West. Three were even selected to compete at the National Preparatory School’s Athletics Championships.

Prep 6 Poppy, Prep 6 Hannah, Year 7 Camilla and Year 8 Lily all took home a number of podium places in the South West Schools’ Regional Championships.

Camilla and Lily won gold in the javelin and discus respectively. It was also a particularly momentous day for 11-year-old Poppy who took home gold in the High Jump and Long Jump as well as silver in the 1500m.

Her classmate Hannah also put in some impressive performances and took home silver in the 800m and bronze in the Long Jump.

As a result of their success, Poppy, Camilla and Lily even qualified to compete against the country’s brightest and best young athletes in Birmingham last July.

Hitting the slopes

Speeding down from snowy mountain tops with the sun shining down on you is a feeling that’s hard to beat. The adrenalin rush and stunning Alpine vistas make an irresistible combination for holiday makers and winter sports enthusiasts alike so it’s no surprise that so many of our girls couldn’t wait to pull on their salopettes this year.

The spectacular scenery and mountain air at Salzburger Sportwelt provided the perfect mid-winter getaway for the families who took part in our annual Michaelmas Ski Trip last New Year.

Our intrepid skiers had a fabulous week filled with winter sun, glorious snow, spectacular sightseeing and lots of family-friendly fun in this beautiful part of the Austrian Alps.

Ski trip coordinator Mr Peter Mothersole said: “The snow conditions were some of the best that I have seen, at this time of year, in more than 40 years of organising ski trips. In fact we can consider ourselves lucky to have left Austria when we did because as the international news is telling us, many of the Austrian resorts are now snowbound and closed for business.”





“We also managed to spend a memorable evening in the beautiful city of Salzburg which looked stunning clothed in snow and framed by a myriad lights. To add to the drama we travelled to Salzburg by train in a blizzard which had something of the ‘Orient Express’ about it!”

Crystal-clear skies, breath-taking mountain scenery and huge drifts of freshly fallen snow provided the perfect setting for another exciting holiday when girls of all ages headed to the French Alps last Easter.

Six days packed with adrenalin-pumped activities saw girls right from Year 7 to Sixth Form throw themselves into the challenge of perfecting their technique on the slopes with the guidance of their instructors and their progress was incredibly impressive. Many of our more advanced skiers were even confidently traversing black runs by the end of the week.

Après ski was also highly anticipated and included a mini Olympics, movie night and a visit to the historic town of Briancon with plenty of crepes

and hot chocolate along the way. There was also the chance for everyone to rest their aching limbs whilst taking in the alpine scenery at a fabulous open air thermal spa, les Grands Bains du Monetier.

Everyone headed home with many wishing they could stay for even longer. Most importantly, whilst it was both a physically and mentally tiring holiday for all the girls they had big smiles and incredibly positive attitudes throughout.

Year 8 India said: “This was my first ever skiing holiday so I was a bit nervous about whether I would be able to do it or not but actually it was all brilliant fun. The instructors were all really patient and I couldn’t believe how quickly they had us zooming down the slopes and even doing little jumps.”

“The evenings were also great fun and it was nice to share rooms with people from other years. I think we have all come back with new friends and I am already saving up for next year! I can’t wait to do it all again.”

Outward bound

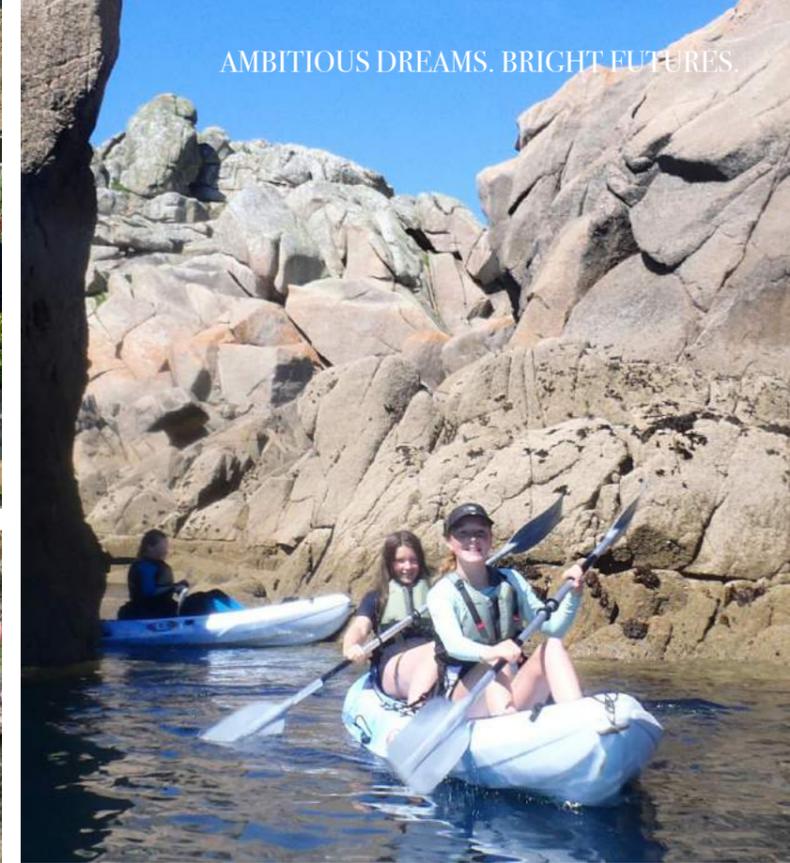
There’s nothing like the feeling of pulling on a pair of sturdy boots and making it on your own in the great outdoors. It builds a confidence that is only gained from getting outside your comfort zone and this year has seen girls at Truro High doing just that. They’ve learnt new skills, faced the unknown, scrambled up high wires and put in the hard graft to give back to their community too – these girls have put their best foot forward.

Our Duke of Edinburgh adventurers put on an impressive show of fortitude and determination during their expeditions this year returning home tired, toned and just a little bit tanned following an action-packed series of days navigating their way around the Cornish coastline.

It was a fantastic time with lots of lessons learnt and by the final night the girls were all back home, tired but happy after a tough few days of walking, cooking, camping and navigating. Spurred on by their adventure, many have already signed up for next year’s Gold Duke of Edinburgh expedition which will once again be heading out to exploring the waterways surrounding Stora Le in Sweden.

As well as honing their skills out under the stars, the Duke of Edinburgh’s Award challenges students to lead the way in being socially responsible and giving back to the local community. Truro High students have certainly taken a shine to their volunteering placements this year with many deciding to make them permanent fixtures in their diaries.





Year 9 Rosey, for example, still offers her time to the team from the Cornwall Wildlife Trust Open Gardens Scheme whilst Year 9s Arabella and Charlotte have even had their hard work with 8th Truro Methodist Rainbows recognised by the Girlguiding organisation.

The 14-year-olds, who are now fully trained as Girlguiding young leaders, still spend two hours every week overseeing the Rainbows working at craft tables, running warm up games and helping the other leaders set up and clear away. They even followed their final Duke of Edinburgh expedition with a weekend spent educating and entertaining over 50 5 to 7-year-olds for the Rainbows adventure day at Girlguiding Cornwall's campsite.

Our youngest pupils have also headed out on some amazing adventures away from home this year. Prep 5 & 6 packed their bags last May ready for a week of exciting exploits and pushing their boundaries at Barton Hall in Devon.

It was the first time setting out on camp for our Prep 3 pupils so there was plenty of excitement in the air as they also headed off with our seasoned Prep 4 adventurers to Hill House in Somerset. From clambering through caves to mastering the art of archery, every day brought a new challenge and chance to try something exciting and new with the encouragement of their friends.

Our Year 7 and 8 students have also pushed their boundaries this year from splashing down at Retallack Water Park during summer activities week to packing their bags for a mini-residential trip to Porthpean Outdoor Education Centre last September.

Full of adrenalin-pumped activities and exhilarating challenges, the two days of non-stop action included canoeing, kayaking, coasteering, tackling the high ropes course and trying their hand at archery.

Deputy Head, Miss Deb Freeman said: "It was a brilliant weekend. The girls were fantastic – they were all really up for the challenge and fully engaged with everything on offer. It was great to see everyone getting outside their comfort zone and developing new friendships."

The year was rounded off with over 50 girls, from Prep 6 – Year 10, heading out to the enchanting Isles of Scilly for a fabulous week enjoying sun, sea and sand. What a backdrop to have for an exciting four nights sleeping under the stars!

The trip included everything from kayaking on crystal clear waters around St Agnes to cycling through the countryside on Tresco, watching the sun rise over the bay near Troytown Farm, swimming at Gugh Bar beach, toasting marshmallows over a campfire and so much more.



The icing on the cake

Walk around the corridors at Truro High School and you'll quickly be struck by the friendly faces that greet you around every corner – it's a real community, a big family. That community spirit extends far beyond the school gates and the

dedicated team of mums and dads who form the school's PTA are a huge part of making that happen.

Over the last three years, the team has worked incredibly hard to raise funds for our fabulous Court Gardens Project. The amphitheatres and play equipment have become firm favourites with all the girls and last Easter saw the next phase taking shape as the lawn above the adventure playground was landscaped as a beautiful garden in which senior pupils can work and relax.

The PTA also funds a number of little extras that make such a real difference to the girls. Projects given the go-ahead this year include the purchase of new kit for the school's ever-growing number of football teams, new cricket equipment which enabled the sport's introduction last summer and a new sound professional system and ballet barre for

the dance studio. Our Duke of Edinburgh programme received money to fund new tents for use on expeditions while our extra-curricular programme was enhanced by funding to start new clubs for Greek and Italian conversation.

Their main focus for the coming year will be to raise funds to give the school's swimming pool an extensive makeover.

Speaking at the association's AGM, retiring Co-Chair of the PTA, Mary Hodgson, thanked parents for their continued support at the many events that the PTA has been involved with over the year. She praised the work of her committee and encouraged other parents to consider getting involved in whatever way they can – be it on a regular, or irregular, basis.

Lora Prynne has taken on the role of Chair and Claire Hancock, Melanie Surguy and Louise McCallum have all been appointed as Vice-Chairs.

The PTA also hosts a huge number of social events throughout the year offering Truro High families a fun-filled way to get involved and make friends with people in the community.

This year these have included our magical Christmas Market, a fun-filled family games afternoon, a Sport's Day Posh Picnic and the chance to tuck into a sumptuous Indian banquet at our Curry and Quiz Night.

Their fabulous family festival, 'Midsummer Madness', rounded off the year and what a party it was as girls young and old alike jumped on board inflatables, tried their hand at hook-a-duck and relaxed in the glorious sunshine with friends and family.

Our hardworking PTA team put in sterling service on everything from our ice cream and hot dog stand to manning the wealth of bouncy rides and a fabulous afternoon was had by all.

“The PTA is extremely grateful for the fabulous support it receives from Truro High families no matter how big or small.”

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