

SENIOR & SIXTH FORM

# HCS

AT HOME

29 JANUARY 2021



**“We wish Mr Dean all the very best as he starts a new chapter.”**

It was with mixed feelings that we said goodbye to the Dean during Chapel on Monday. On the one hand, we wish Mr Dean all the very best as he starts a new chapter (no pun intended) with his retirement. However, we will miss him greatly, as Imogen B, our Head of School, explained so well. Mr Dean has been an avid supporter of our school, which has extended beyond matters concerning choristers, for which, of course, he has been a guiding light to so many. We owe a great debt to Michael Tavinor in so many different ways, including presiding over major events, leading us in worship, sharing his thoughts and reflections during chapels, supporting the Governing Body in their oversight of the School and supporting the heads from both junior and senior sections of the School. On a personal note, I am hugely indebted to Mr Dean for his wise counsel, good humour and friendship.

The Dean's farewell service in Hereford Cathedral will be on Sunday 31 January, when a pre-recorded webcast will include speeches of appreciation of the Dean's ministry as well as the presentation of his retirement gift. The webcast will become available on the Hereford Cathedral website at 10am, and we encourage pupils and parents to watch it, so that we are all united in prayer and thanksgiving. We wish the Dean all the very best.

**Mr Paul Smith, Headmaster**

THOUGHT OF THE DAY...

Mr Blyth shared this on Wednesday:

*“Life is full of ups and downs.  
The trick is to enjoy the ups and have  
courage during the downs.”*



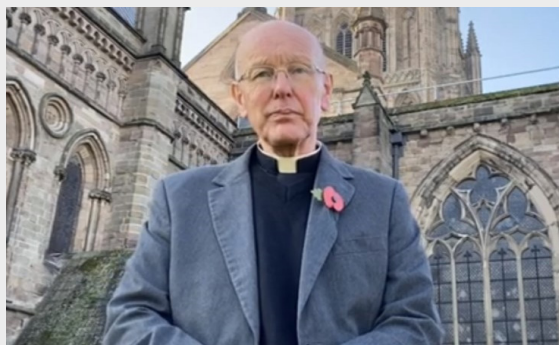
**FREE ONLINE FICTION LIBRARY**

Our librarians have arranged for our e-book library to be available for the school through Firefly. Free, downloadable reading to keep students sane through lockdown. Use your Firefly details to log in. [Click here to access the catalogue.](#)

## DEAN OF HEREFORD DELIVERS FINAL HCS CHAPEL SERVICE

After 19 years as President of the School's Governing Body, the Very Rev'd Michael Tavinor, Dean of Hereford, has bid farewell to Hereford Cathedral School in preparation for his retirement at the end of January.

After presiding over 19 HCS Speech Days and countless chapels, Mr Dean paid a final visit to Old Deanery on Monday morning to participate in a virtual chapel service. In his speech, he spoke fondly of his association with Hereford Cathedral School. He said:



In his final chapel, Mr Dean spoke of the “wonderful atmosphere” at HCS

“It's been a wonderful joy for me to come in on a Monday morning and lead prayers. You have always been so receptive; there's always a wonderful atmosphere – and that's down

to you, the students. I salute all the wonderful music and all the wonderful results . . . it's been a real source of pride to me. Thank you for making my role as President of HCS so happy.”

## MFL: TAKE PART IN LOUISE'S CRÊPE CHALLENGE

On Tuesday next week, the French will be feasting on crêpes in celebration of La Chandeleur (Candlemas).

Pupils are invited to follow [French Assistante Louise's video](#) – with all the instructions in French – and make their own crêpes. Why not have a go over the weekend and send your photos and clips to your MFL teacher.

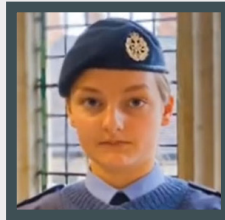




Click for  
VIDEO

## BOARDING

Hereford Cathedral School boarders enjoyed a delicious Burns Night supper at Wilmot House earlier this week. Mrs Fowler and the boarding house team pulled out all the stops to make the night as authentic as possible. Assistant Head Cook Mrs Wright made bunting and a table runner using her family tartan, and Cook Mrs Fortey made an excellent traditional supper of haggis, neeps and tatties. There was music from Miss Westbrooke, and a reading from Mr Taylor, before Mrs Fowler raised a 'toast to the lassies'. The meal was topped off with raspberry cranachan before the Scottish dancing commenced.



By Flight  
Sergeant  
Ella F

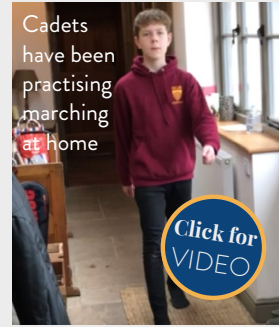
With the  
upset of  
not being  
able

to attend school after the Christmas holidays we were unable to formally mention and congratulate successful candidates who have recently received a promotion. From Cadet to Lance Corporal: Lily B (Year 10), Alex G (Year 10), Will C (Year 10) and Anna F (Year 11). From Lance Corporal to Corporal Alexander C (Year 11), Benjamin D (Year 11), Isabelle C (Year 11). From Corporal to Sergeant Olivia A (Year 12). Congratulations!

The RAF section has made an amazing effort so far through this remote learning term. We hold weekly meetings on



Mr Berry  
created this  
basha in the  
snow



Cadets  
have been  
practising  
marching  
at home

Click for  
VIDEO

Friday afternoons to introduce a new project for the cadets and generally have a friendly catch-up. So far, the weekly challenges have been to create a short video clip of the cadets displaying drill and marching skills they have learned and taught to a willing household bubble participant and even some of their pets – these were both brilliant and amusing!

The latest project was to build a basha. A basha is typically made for sleeping when out on night

exercise. A basha is made with one large piece of waterproof material and bungees. With the blessings of snow over the weekend, lots were able to make their own take on this challenge with igloos!

Next week we are bringing in an RAF classic – the paper aeroplane competition. Mr Berry and I are so pleased with the effort and commitment from all cadets, especially the Year 9s who haven't had quite the RAF experience they had imagined.

## EXTRA-CURRICULAR

- Christian Union, Tuesdays, 3.55pm. Contact Mrs Beavan to be added to the CU Team.
- Art Club, Mondays, 3.45pm on Teams



Thanks to Mr Rogers, who took this lovely photo of the snowy Cathedral on Monday

## DEBATING SOCIETY

The Debating Society held their first remote debate of 2021 last Friday. Just over 30 people attended to debate 'This House would impeach Trump'. Daniel S, Quinn P, Jack W and Mr Abbott all gave excellent speeches.

As the results came in (with students voting via emoji on the 'chat' option on Teams) the lead changed and it did look as though the opposition would win before a late surge resulted in a narrow victory for the proposition. Just like the US election in November!

Next week: 'This House thinks children should have time off school to protest'. It is set to be quite an exciting debate!



## WE'VE REACHED CENTRAL ASIA!

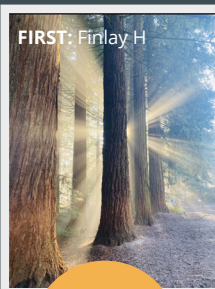
Well done to pupils, parents and staff who have got the Destination Australia challenge off to a flying start! We reached Kazakhstan at the end of this week, with 4,101km clocked up!



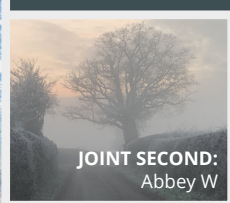
Many thanks to all pupils who entered the House Photography competition. The theme was 'Hope, Humour or Winter'. [Click here to see the full collection of competition entries.](#)

## HOUSE PHOTOGRAPHY COMPETITION: WELL DONE TO OUR WINNERS!

FIRST: Finlay H



JOINT SECOND:  
Abbey W



YEAR  
7-8



JOINT SECOND: Eirian T

YEAR  
9-11



FIRST:  
Haripriya R

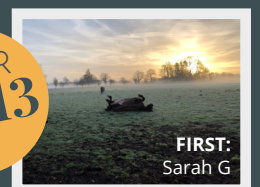


THIRD:  
Harry L

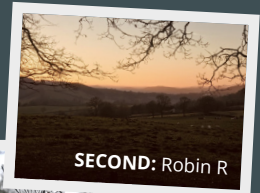


SECOND:  
Natasha P

YEAR  
12-13



FIRST:  
Sarah G



SECOND: Robin R



THIRD:  
Imogen B



## ENRICHMENT PROGRAMME: HIGHLIGHTS FROM THE WEEK

### MINDFULNESS MEDITATION

Miss Wood has been helping her Year 10 pupils to wind down after a busy week of remote learning by running mindfulness meditation on Friday afternoons.

Each week, Miss Wood holds a video call on Teams and she talks the group through what the session will focus on. It could be challenging emotions, self-compassion, gratitude, relieving anxiety, clearing negativity, or releasing worry.

The group sit or lie down while they follow a guided meditation video together, with music, breathing exercises, calming images and words of affirmation. It's all about 'being present in the moment'. Miss Wood explained: "It's great for relaxation, and because we all do it together it feels like we are all connected."

There has been some great feedback from pupils:

"It helps you to relieve the stress of the school day, ready for a relaxing weekend."

Scott S, Year 10

"People rush life and are constantly desperate to get on with the next thing. Mindfulness might slow them down and calm them."

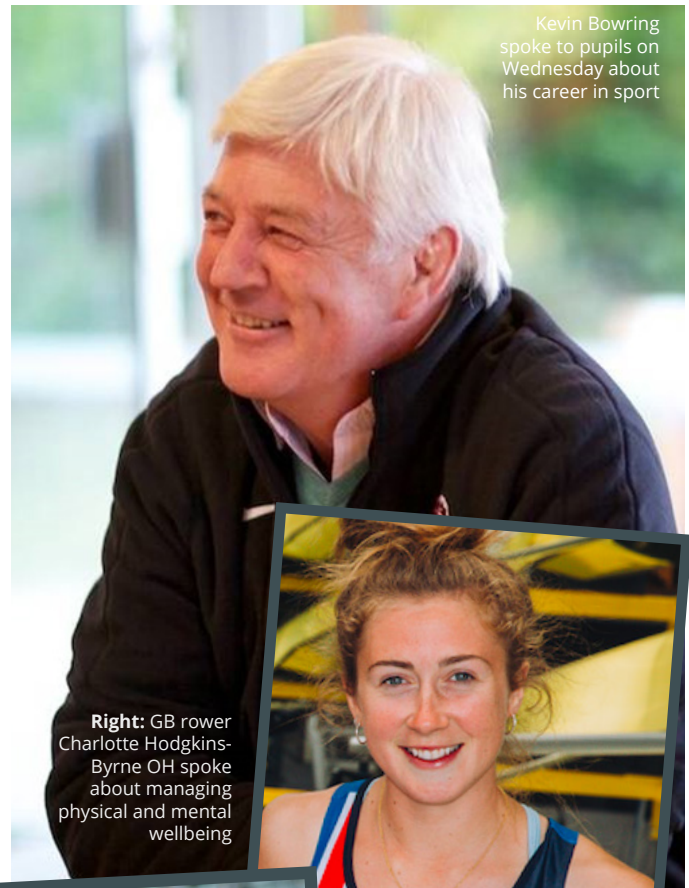
Rose L, Year 10

Former professional rugby player **Kevin Bowring's** talk to Hereford Cathedral School pupils was entitled '10 Lessons from a Life in Sport'. Kevin has spent over 40 years as a teacher, coach and coach developer. Following a successful playing and teaching career, he became Wales's first professional coach of the national rugby team.

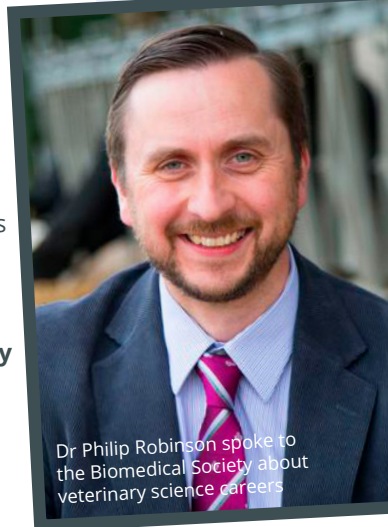
GB rower **Charlotte Hodgkins-Byrne** OH, spoke to Hereford Cathedral School pupils on Thursday about how athletes can best manage their physical and mental well-being during the current uncertain times. She discussed strategies she finds beneficial and the provisions she puts in place to ensure she is able to best take care of herself while training during lockdown.

**Dr Philip Robinson**, Head of Veterinary Health and Animal Sciences at the new Harper Adams vet school, gave a very interesting and informative talk to the Biomedical Society last Friday. Dr Robinson discussed his career and research into bovine tuberculosis. He also discussed careers in veterinary science and answered questions on applying to vet school. Well done to Year 12 pupil Molly A for organising the lecture.

● **The HCS Biomedical Society is open to any interested pupils; particularly those considering an application to medicine, dentistry or veterinary sciences. Contact Mrs Burdett for details.**



Right: GB rower Charlotte Hodgkins-Byrne OH spoke about managing physical and mental wellbeing



Dr Philip Robinson spoke to the Biomedical Society about veterinary science careers

### ENRICHMENT: LOOKING AHEAD

- David Newton, film and TV stunt man, February 2, 2pm
- Matt Teale, ITV News – February 3, 2pm
- Tom Wood, Northampton Saints and England rugby player – February 4, 7pm
- Axel Dickinson, NZ international rower, February 11, 7pm

### ENGLISH: ANALOGOUS THINKING

Mr Brooks' Year 10 class have been demonstrating some excellent examples of analogous thinking in their study of *Of Mice & Men*. Pupils had to note down important information or themes in the text, and then use a colour, a symbol and an image to represent the ideas. This exercise helps students distil the essence of ideas from reading, watching or listening in non-verbal ways.

