

Regent House School Magazine 2021-22



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Photography	Ian Pedlow Photography (Sport) Rachel Anderson
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MAGAZINE COMMITTEE

Kacey Wilson

Ellie Whiteside

The Editor would like to thank all members of staff, pupils and other contributors who helped with the compilation of the magazine. A special mention must be given to the office staff for their support.

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THE BOARD OF GOVERNORS

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Mr Steven McGonigle
Mrs Kathy Taylor

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Dr Sarah Collins
Mr Ed Conway
Mr Peter Lowry
Mr Andy Matchett
Mr David Thompson



Regent House School Vision

Regent House School is a school with high expectations for all, where the school community is challenged to aspire to excellence in an inclusive, supportive and respectful environment.



Back to Normal?

It has been a great pleasure to watch the school community return to some form of normality following the incredible disruption caused by the pandemic. The whole community has demonstrated a resilience that we should be proud of- I certainly am!

When I welcome new teachers and pupils to the school I always say to them, "If the only thing you do is go to class, then you will never enjoy school." I am delighted that we offer much more than an academic education and this magazine demonstrates the diverse and rewarding extra-curricular activity our students can avail of. My thanks go to everyone who makes this possible.

Regent is a school we can be proud of. Our team of dedicated staff support and guide our hard-working pupils allowing them to reach for their goals. Our Governing body, ably led by Mr Robin Johnston, provide of their time and expertise generously and you, the parents, provide your children and the school with the support required for all to thrive.

In closing I would like to thank Mrs R Nash and her student editor team for producing this excellent magazine. I hope you enjoy reflecting on 2021/22!

A handwritten signature in black ink, appearing to read 'Michael Carville'.

Michael Carville
Principal



New Starts



MR BEEGAN

Before starting in Regent in 2019, Mr Beegan taught in Manchester for two years and prior to that he taught in Rathmore, Belfast, and Strangford Integrated College. His A-Level Sociology teacher inspired him a lot to become a teacher as he was very passionate about education. He grew up working in youth clubs and always enjoyed it, so teaching was always a good pathway forward. When he has time, he enjoys playing golf, softball, and hiking. He has a young cocker spaniel that keeps him active.

MISS BENSON

After leaving school, Miss Benson studied Sports and Exercise Sciences at the University of Ulster, Jordanstown. This included a placement year working in the PE department at Regent House. Her PGCE year was completed at John Moore's University, Liverpool. As a sportsperson, the Irish Women's Hockey team are a team who have been inspirational, admiring their team spirit, belief and determination. Outside of school, Miss Benson enjoys playing sports: hockey and cricket are her main hobbies, but she also bought a paddle board, so that's a new skill that she is trying to master! Miss Benson has really enjoyed her time working at Regent House and looks forward to spending many happy years here!

Kacey Wilson and Ellie Whiteside



MRS CALVERT

After completing her PGCE placement here she was delighted to return to start her teaching career. Mrs Calvert was inspired by an amazing Spanish teacher at school who made a real, lasting impact on her and sparked her interest in teaching. She followed her love of science and completed a degree in Biomedical Science, but at the end of the degree she decided that lab work didn't really interest her. Having enjoyed some tutoring, whilst at university, she applied for a PGCE and hasn't looked back! She enjoys Calligraphy, reading, interior design and is a Girls' Brigade Officer. Mrs Calvert is unusual in that, to most people's shock and dismay, she dislikes milk chocolate!



MISS DOUGAN

Before joining Regent House Miss Dougan completed her teacher training at Parkhall Integrated College and Assumption Grammar School for girls. She was delighted to join Regent on a permanent basis after working here for some time. She admired her past teachers, especially in English and Physics, and was fascinated by the ease with which they explained seemingly difficult things. However, her real inspiration came when she went to Zambia to help teach young people in disadvantaged areas. She is a massive karaoke fan – though not necessarily a talented one. She also enjoys watching football, roller skating and bouldering. She has a Chihuahua, named Keith, and loves telling people all about him!





MRS GRAHAM

Mrs Graham studied English and Drama at Queen's University, Belfast. Her special interest was post conflict literature and 19th century Irish theatre. She worked in England in Bartholomew School, Oxfordshire, for some time before returning to Northern Ireland. Mrs Graham has found her time in Regent House to be very enjoyable and has been involved with the Scripture Union and drama. She loved directing the school play, 'The thwarting of Baron Bolligrew', which we, at Regent, felt was an immense success - we look forward to her next production with anticipation. Additionally, Mrs Graham enjoys reading, jogging and theatre visits.



MR MOORE

Prior to joining Regent Mr Moore thoroughly enjoyed his time teaching at Fivemiletown College. He has always enjoyed Technology and Design, particularly learning how products work and how they can be improved. Coming from an Engineering background he wanted to help pupils develop an understanding of Product Design and Engineering. Outside of school he plays and coaches football. He was inspired by Jurgen Klopp when he said, "I like learning more about people; I like to talk to people," and is keen to support those he works with.



MRS MCNIECE

Mrs McNiece studied a BSc in Geography and Sociology at Queen's University, Belfast. Following this she gained experience as a university mentor and teaching assistant before commencing her PGCE at Durham University. She gained work experience as a travel agent which has proved useful for teaching Travel and Tourism! She loves Geography and has led over fifty field trips including coastal residential trips for GCSE geographers in Wales and urban studies in Brighton. She is a chartered geography teacher and has assisted the Geographical Association and the Royal Geographical Society with publications. She is dedicated to helping students with their choice of careers and considers it a privilege to help pupils prepare for life after Regent! When she has spare time she makes good use of her National Trust membership, sharing her passion for the outdoors with her family.





MRS ELAINE ALLEN

Mrs Elaine Allen returned home to Regent House in September 1997. As a former pupil, she already had an inbuilt loyalty to the school, so immediately became involved in the school production of *An Inspector Calls*. This was only the beginning of an amazing career in the English and Drama department. All told, Elaine directed 23 senior school plays. From the comedy of *The Thwarting of Baron Bolligrew* to the poignancy of *Titanic*; from Shakespearean tragedy (*Macbeth*) to Shakespearean comedy (*A Comedy of Errors*) to Shakespearean romance (*A Winter's Tale*) – nothing was beyond her directing skills, or her imaginative interpretations. Although she (in theory) is not the most ardent fan of musical theatre, she took on the mammoth task of directing the sell-out performances of *Les Miserables*, leading the audience through the whole gamut of emotions as the action unfolded on stage. More musical ventures followed: *Fiddler on the Roof*, *Pygmalion/My Fair Lady*, *Chitty Chitty Bang Bang*... However, it was fitting that for her last production Mrs Allen returned to her theatrical roots by directing *The Crucible*, a play set in the 1690s but with a message which is still very relevant to the Tik Tok and YouTube generation.

Extra-curricular Drama flourished under the leadership of Mrs Allen, and she brought the same enthusiasm to curricular Drama. Never one to shy away from a challenge, before introducing A Level Theatre Studies to the school she sat the examination herself, obtaining a top grade (never in doubt!) Year after year, her classes have obtained excellent results and they owe much of their success to her dedication and support. Several of her past pupils have gone on to make their way in the difficult world of professional drama. Without doubt, they owe

their confidence and enthusiasm to the time spent in B22 and the Performance Theatre under the care of Mrs Allen and Mrs Morrison.

A highlight of the year for Drama students is 'the London trip': as many as five live productions packed into three days in the capital. So much organisation was needed for each one, but the value for the pupils could not be over-estimated. Although other staff came to help, the vast majority of the preparation fell on Elaine's shoulders and each trip was an incredible success, in spite of her determination to convince us that she 'wasn't very organised.'

Although Drama was her first love, Elaine was also an excellent English teacher. Her classes were dynamic and engaging (even if her methods were occasionally unorthodox!) She has a love of literature and language and always shared this with her pupils.

As a colleague, Elaine was honest, caring and entertaining. The department has loved hearing of her latest opinions on literature, politics, television, theatre, food (remember the kefir?) and everything else under the sun. We will miss her lively conversation and her plant-based treats – but most of all her friendship and commitment to us and to the school. As she now transfers all her energy from her pupils to her beloved garden, we wish Mrs Allen every happiness in her well-earned retirement.

Pauline Thompson



HELEN ARMSTRONG

Miss Armstrong joined the teaching staff of Regent House in 1984 and has worked tirelessly ever since as a teacher of History, Latin and Classics. Helen has been an inspiration to a generation of young, avid historians

and classicists who have listened, enthralled by her exciting renderings of tales of kings and queens, of wars waged, of gods and men. When she held forth on the larger-than-life characters of myth and history, her eyes would light up and her own thrill and excitement in the telling were palpable. It is genuinely little wonder she has been such a popular teacher with our young people over the years.

The colleague I have come to know over these thirty-three years is liberally-minded, creative and widely read and it is from this great storehouse of culture and knowledge that she has, over the years, nourished so many young minds. I, personally, have so often enjoyed chatting to her about the books she has read and listening to her speak of them so articulately and perceptively.

I loved her enthusiasm and erudition when she recounted some classical tale or historical event – either explaining it to her pupils (when I could hear from the room next door) or to us, her colleagues in our Staff Base, with her love of and passion for all things historical or antiquarian. It is no wonder year after year her pupils have loved her History and Classics classes as they have gulped down, in the words of Blackwell's motto, 'castalios nigris de fontibus haustus' – deep draughts from the Muses' spring.

However, for me, when I look for Helen Armstrong's defining characteristic – it has to be this – kindness. Her dedication to 'her girls' was legendary; with beginning teachers and colleagues in early professional development, she was consistently sensitive and supportive. With me, as her Head of Department, she was consistently patient and when I have been 'wearied by the changes and chances of this fleeting world', to borrow from the Office of Compline – which we both love – Helen proved herself so often a strength and stay and a source of counsel.

Trojan Aeneas, faced with the dilemma of whether to remain and sell his life dearly in the burning city of Troy or to move on to a new phase of life, was visited by the ghost of Hector:

'sat patriae Priamoque datum',

he said,

You have given enough to king and country.

No one could ever doubt that Miss Armstrong has given enough, and more than enough to Regent House,

to her colleagues and to her pupils. She has imparted to these latter a wealth of knowledge and experience that they will treasure and re-live throughout their lives. As they grow to maturity, they will feel enriched for having known her and, when they travel and discover for themselves the treasures of the Mediterranean world and beyond in years to come, they will remember. Her legacy to these young people will be, not so much Horace's showy monumentum 'aere perennius' – a monument more lasting than bronze – but something softer, more internal, more insinuating and indelible. But, mostly, they will retain the impression of the example, the model she showed them of a strong, compassionate, dignified and cultured woman.

In the tradition of the Stoic philosophers, we wish Miss Armstrong otium cum dignitate – a dignified retirement.

All of us in the Classics and Modern Languages Department and in the wider school community wish Miss Armstrong, most sincerely, every happiness that retirement can bring. We will miss her very much indeed.

Jim Peden

RAYMOND BANKS

It is with sadness that we mark the end of Mr Banks' teaching career. Raymond joined us at Regent House as Head of Religious Education in the year 2000. A former Baptist Pastor, Raymond saw the light when he decided to join us here at Regent. During Raymond's twenty two years, he has educated hundreds, if not thousands of pupils, promoting the moral and ethical standards of our young people. He has served under a number of Headmasters at Regent House including Mr Carville, Dr McCavery, Mr Naismith and Mr Thompson.

Raymond is known by his colleagues as a thorough and observant educator, with great attention to detail. He has been a reliable and committed colleague who has led his department through the ever-changing educational times. Raymond's connection to Regent is not just as a member of staff but also as a parent with both his sons, Christopher and Andrew, attending during Raymond's tenure – like their father, both Christopher and Andrew enjoyed a successful and productive time at Regent House. Christopher followed in his father's footsteps by coming to back Regent for a spell of teaching in the Art dept.

Raymond is well-known for his sense

of humour and he is never short of a joke - I shall miss our chats.

Raymond is described by one of his colleagues as a natural academic with a ceaselessly questioning mind and an insatiable interest in History, ethics and theology. He is proficient in New Testament Greek and was examiner for this module at A-level which has sadly disappeared due to the demise of Classics departments in so many schools. In addition, he also taught Biblical Hebrew at Belfast Bible College and an indication of the respect in which he was held in this regard is that he was asked to proof-read and amend the first draft of Paul Williamson's monumental work entitled 'Abraham, Israel and the Nations – the Patriarchal Promise and Covenantal Development in Genesis'. Raymond has also written educational material for CCEA in the form of two textbooks.

I would also like to congratulate Raymond on becoming a grandfather for the fourth time. He now has two grandsons and two granddaughters and I'm sure some childminding duties are lined up to keep him very busy in retirement!

On behalf of the Regent House School community, I wish him the very best on his retirement. He will have lots more time to enjoy coffee in The Red Berry Coffeehouse, while digesting the latest news and views on global affairs in the Guardian newspaper.

Steven McGonigle



MRS MARGARET MCCANN

Mrs McCann arrived in Regent House in 1990. She began her career in the school teaching both English and French, but within a few years had become a full-time teacher of English, and later a 'job-share' with both Mrs Moles and Mrs Morrison. In her time in Regent House, Margaret contributed to many different areas of school life: from using her creative gifts to organise banners for the English department, to making costumes

for the school plays; from helping on the London Theatre Studies trips, to arranging visits to the Seamus Heaney Homeplace in Bellaghy. As a 'native' of Ballycastle, she brought her love of the countryside into the classroom and was always horrified when pupils failed to recognise the iconic outline of Fairhead!

When we think of Margaret, we immediately think of her passion for books. It is fair to say that she is one of the most widely read people we have met. Staff and pupils have both benefited greatly from her knowledge and recommendations. She has fostered a love of reading in many pupils: running book fairs and book clubs, as well as making the Reading Room a comfortable and attractive place for those who want a quiet haven at lunchtime.

As a classroom teacher, Mrs McCann always went the extra mile for her pupils. Her A Level students were privileged to experience her wide-ranging knowledge of literature. When the coursework unit was introduced to A2, she fully embraced the opportunity to share her expert advice, being very willing to read any number of 21st century novels (frequently in the 'wee small hours') to help pupils select appropriate texts for their assignments. She brought poetry to life – and frequently brought props into the classroom so that the town-dwellers of Newtownards could appreciate elements of rural life!

Junior pupils found Mrs McCann approachable and encouraging as they settled into Regent House. A Sixth Form Tutor, she cared deeply about her pupils on a personal level, always taking interest in their mental health as well as their academic progress. Pupils knew they would find a sympathetic listener in room B17 when they needed to unburden themselves. In the words of one pupil who benefited from her support: 'Mrs McCann is just like everyone's mum.'

We will miss Margaret's presence in the English department. Her stories about all the goings-on in the North Coast were entertaining and brightened up many lunch times. Often flowers from her garden (beautifully arranged – another one of her talents!) have appeared in the English staff base – and her chocolate brownies are second to none! We will also miss her warmth, sympathy and sense of humour. We wish her all the best as she enjoys having more time to spend with her family, friends, books and flowers – and of course, her beloved Ballycastle.

Pauline Thompson

Heads and Deputies



KATIE DERRICK
HEAD GIRL

Katie studied Art, Biology and Mathematics at A level. She contributed greatly to school life in the past seven years through a range of activities. Katie played a big role in hockey, playing for both Regent House and Ards' Ladies hockey team. Katie also volunteered her time to coach Year 8 hockey. She really took advantage of the extra-curricular activities at Regent House and completed her Bronze, Silver and Gold Duke of Edinburgh's Awards, which is not only a physical challenge but a mental one too. However, Katie's achievements do not just include sport-related activities. Katie was also an avid member of Senior Scripture Union and was a member of the Charity Committee. Katie is now studying Social Work at Edinburgh University.



HANNAH DERRICK
DEPUTY HEAD GIRL

Hannah studied Art, English and Mathematics at A level and played a very active role within the school, participating in school hockey. As well as being a very keen hockey player she helped to coach junior hockey. She also played for the Ards' Ladies hockey team. Her talents do not stop at hockey as she also has a musical talent; being a proficient pianist. Hannah also competed her Bronze, Silver and Gold Duke of Edinburgh's Awards - this requires participants to take time out of their schedule to volunteer and help others. Hannah greatly contributed to the Scripture Union throughout her school life. She is now studying Law at Cardiff University.



HANA OYA-KNIGHT
DEPUTY HEAD GIRL

Hana studied Biology, Physics, Chemistry, Maths and Further Maths at A level. Not only are her academic achievements impressive, with five A*'s at A level, she also contributed to the Library Committee and Charity Committee. Hana was a very productive student both in and out of school life. Whenever she was not dedicating her skills to benefit Regent House she volunteered her time at St John Ambulance, benefiting the lives of others. Hana is now studying Medicine at Cambridge University.





**CURTIS EWING
HEAD BOY**

In his time in Regent House Curtis studied Biology, Chemistry, Physics and Maths for his A Levels. He has been a keen and polished team rugby player since he was in Year 8 and has also dabbled in other sports such as cricket and football. In his spare time, he took interest in outdoor sports and was an enthusiastic member of his rowing club. He has also contributed to being a Year 8 mentor, supporting the younger pupils around him. He will be studying medicine at Queen's University, Belfast in 2023.



**ALEX SHAW
DEPUTY HEAD BOY**

Alex studied Biology, Chemistry, Maths and Further Maths for his A levels. He was a member of the school's athletic club since he was in Year 8 and particularly enjoyed hurdling. He played in the school band in Year 8 and in his senior years at school. He extends his passion for sport outside of school. He also mentored Year 8 and helped them settle into their school life. He spent his free time working at Streamvale Farm. Alex is now studying Mathematics at Queen's University, Belfast.



**EDWARD MCNINCH
DEPUTY HEAD BOY**

Edward studied Geography, Technology, Economics and English for his A levels. He was an enthusiastic member of Senior Wind Band and is a talented saxophone player. In his spare time, he enjoyed reading and scenic walks. He was a keen mentor for Year 8, sharing his pride in the school with them and always being willing to help when needed. Edward is now studying Building Surveying at the University of Ulster.

Kacey Wilson and Ellie Whiteside.

Senior Prefects



SUSANNA SHIELDS, DANIEL HUNTER, MATTHEW MCKIBBIN, MEGAN MCCLINTOCK



PRIZE DAY

10 A/A* GRADES AT GCSE

Boyd Alyssa
 Boyle Jorja (absent)
 Carnduff Harry (absent)
 Caughey Emily (absent)
 Cotter Noah
 Crowe Aimee (absent)
 Donkin Nicole (absent)

Dunn Ellie (absent)
 Farley Callan (absent)
 Ferguson Victoria
 Jess Darragh (absent)
 Killen Ellie-Rose
 Macaw Charis (absent)
 Manning Ben (absent)

Mayne Rudy (absent)
 McCleery Sophie
 McClelland Rebekah
 McCullough Caitlin (absent)
 McLaughlin Beth (absent)
 Montorio Oliver
 Palmer Thomas

Roberts Julia (absent)
 Spence Holly (absent)
 Torrens Adam
 Trouba Tarek (absent)
 Whiteside Reuben
 Williamson Zoe



ADAM KAY
 (11 A STAR GRADES AT GCSE)

**ADAM KAY - JAMES
 MACDONALD (GCSE MATHS)**



BETH MURPHY
 (YEAR 9 PROFICIENCY CUP)



**CALLUM MURDOCK -
 JAMES MACDONALD AWARD**



**LOIS MC CRUBB
(ESTHER HASSARD
TROPHY FOR MUSIC)**



**ELLEN CHIVERS
(ROBINSON CUP FOR
JUNIOR DEBATING)**



**MOLLY MCANDREWS -
JAMES MACDONALD
(GCSE ENGLISH)**



**JAMES REILLY
(10 A STAR GRADES AT GCSE)**



**CLAIRE STEELE -
JAMES MACDONALD AWARD**



**LUCY KAYE
(YEAR 10 PROFICIENCY CUP)**



**EOIN BOYD
(DUFF CUP FOR GEOGRAPHY)**



**MATTHEW WILSON
(YEAR 8 PROFICIENCY CUP)**



Anna Moles

When I was at school, I didn't know what I wanted to do when I grew up. For my Bronze Duke of Edinburgh's Award service, I volunteered in the careers library (a service probably now voided by the wealth of information that can be sourced online) and was overwhelmed by the seemingly infinite possibilities. I have always held the philosophy that I could be happy doing any number of things and was always resistant to those who said, "If you're bright, you should do medicine or law", or, "go to Oxford or Cambridge." I was determined to find my own path and not just follow others' expectations for me. For me, it was important to push myself outside my comfort zone, so when it came to choosing a university, I didn't apply to any at home, for fear that I might get cold feet about fleeing the nest at the last minute.

I think the modern education system often quashes creative expression, requiring learning by rote textbook answers, memorised to be written down verbatim in exams, but I was fortunate to have many good teachers at Regent who encouraged creative thought, individualism, confidence building and freedom of expression.

So, I studied Archaeology at the University of St Andrews and then went on to study Human Osteoarchaeology and Forensic Anthropology at the University of Edinburgh. From the outset, I never planned that I would take the next step as I did: I didn't plan to do a Masters, or a PhD, or pursue a career in academia. I was always flexible and willing to try new and different things and see where the arising opportunities took me. Between my Masters and PhD, I went and worked for two years in a library in Athens, where I was surrounded by scholars in archaeology, classics and history amongst other things, where, despite being told by endless stressed PhD students not to do a PhD, I decided to do a PhD. My experience was a very positive one, though certainly not without a lot of hard work and difficulties along the way: living between London, Crete and Athens and conducting research on how society develops and changes, how this impacts people's daily lives and health, and where inequalities lie within societies.

Having said that I didn't know what I wanted to be when I grew up, when I was first at university, my mum ran into a primary school teacher of mine in the post office. The teacher asked after me and my mum was able to tell her I was studying archaeology, to which she responded that that was what I had always wanted to do, remembering my P6 project on the Mummies of Ancient Egypt. I'm not sure 10-year-old me would have envisioned that I was going to develop a career out of this early research, but I am now employed as an Assistant Professor of Mediterranean Archaeology and Human Osteoarchaeology at the University of Groningen in the Netherlands.

I wouldn't necessarily advocate anyone to follow in my footsteps in terms of career choice: academia is difficult, involves working around the clock to succeed in often underpaid and insecure positions, and is certainly not everyone's cup of tea, but what I would advocate is following your own path and not doing something just because you feel it is expected of you. I would also recommend pushing yourself outside your comfort zone, being flexible in your own ambitions and expectations, and seizing the opportunities that present themselves along the way.



Working on osteoarchaeological remains for my PhD research at the Knossos Research Centre on Crete.



Telling HRH the Prince of Wales about the health and diet of the people of ancient Knossos, Crete, from the human skeletal remains.



Winners of the Junior Schools Cup 2003.

Charity Committee

CHARITY COMMITTEE EVENTS TIMELINE 2021/22

A huge thank you to the following members of this year's charity committee for helping to make the events below happen:

Emma Martin, Louis McCreedy, Anna Reilly, Rebekah Monahan, Erin McGimpsey, Rebecca Girvin, Charlie Croy, Rachel McClure, Daisy Henning, Jay Wilson, Sarah Pope, Ciara Gamble, Sarah Taylor, Katie Migan, Rose Kelly and George Boyd

October 2021	Year 9 and 10 Shoe Box Appeal for Samaritan's Purse donated 102 gifts
November 2021	Concern social media fast £227
December 2021	Whole school festive fashion non-uniform day for Air Ambulance and Action Mental Health - £1007
January 2021	Local foodbank collection; congratulations to Castlereagh who collected the most items
February - Easter 2022	Year 10 volunteers partnered with ' Ards Canal Path Community group ', to clean up the canal path area between the school gates and the bridge at South Street.
February 2022	We were disappointed to not be able to run our Valentine's Post this year, due to Covid restrictions, but thank you to everyone who donated online this month to support Tiny Life even without our event
February 2022	Online sponsorship support for Cycle Against Suicide's 'Malin to Mizen' challenge
March 2022	Whole school collection for Ukraine Aid
April 2022	Canteen quizzes, an Easter bake sale and a whole school non-uniform day for Habitat for Humanity - £1287
May 2022	Year 8 Readathon and sponsored dress up day for Read for Good charity - £853
June 2022	The English Department took part in the British Red Cross' '108 Miles for refugees' challenge - £420
June 2022	Non-uniform day for International Justice Mission £350 and The Wooden Spoon - £350
On-going	Our collection of foreign and obsolete currency for The Alzheimer's Society . Our collection of used Stamps for RNIB . Unwanted spectacles and frames for Vision Aid . Please continue to donate all at reception or B18.

Thank you to all students, staff, friends and family of Regent House School who helped to donate and arrange events for this wide range of worthy causes.

Rachel Robinson



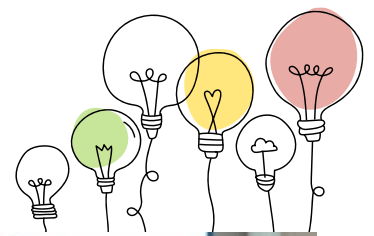
Read and Enjoy...

In June Year 8 pupils participated in a Readathon day. They enjoyed dressing up as their favourite character from a book whilst raising money for charity.

readathon



The Bebras Challenge



Recently just over 250 of our pupils were among over 300,000 UK pupils who participated in the 2021 UK Bebras Computational Thinking Challenge on-line competition.



Evie Blackwell Year 8

THE FOLLOWING RECEIVED 'BEST IN SCHOOL' CERTIFICATES IN THEIR CATEGORY :

Juniors **Evie Blackwell 8E**
Inters **Emily Trainor Year 10**
Seniors **Matthew Todd Year 11**

Year 8	Summer Watson
Evie Blackwell	Beth Henderson
Jacob McConnell	Emma Hoy
Peter McNab	Daniel Patton
Rachel Orman	Euan McKelvey
Sophia Dela Fuente	Maggie Montgomery
Beth Evans	Ashton Leckey
Cooper Greenlees	Joy Lemon
Lucie Hillen	Abbie McCalmont
Marina McAleese	
Benjamin Milligan	Year 11
Amelie Spratt	Matthew Todd
	Michael Clarke

The remaining pupils will receive Distinction, Merit or Participation Certificates.

F Aiken



Emily Trainor Year 10



Matthew Todd Year 11

Senior Maths Challenge

The Senior Maths Challenge took place on Wednesday 10th November 2021. This year, due to the new on-line format of the competition, we entered seventeen students from Years 12 – 14. In total, two students achieved a gold award, five achieved silver and five achieved bronze awards. Congratulations to all students who took part.

A special mention goes to Alex Shaw in Year 14 and Adam Kay in Year 12, who achieved a gold award and progressed to the follow up round – The Andrew Jobbings Senior Kangaroo, at the start of December.

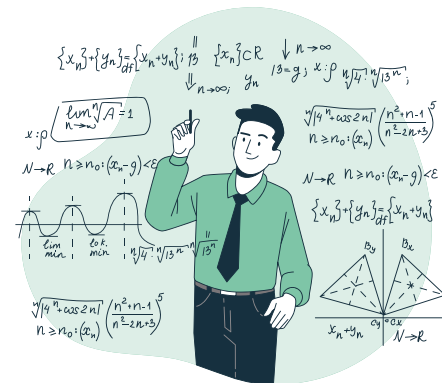
In this competition, Adam was awarded a Certificate of Merit and Alex a Certificate of qualification. Both very worthy achievements.

Here is the standard of question that the SMC poses, if you would like to give it a try.

4. The positive integer k is a solution of the equation $(k \div 12) \div (15 \div k) = 20$.

What is the sum of the digits of k ?

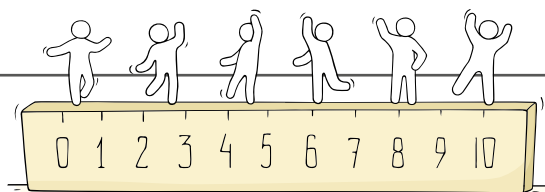
A 15 B 12 C 9 D 6 E 3



Solution :

4. D Re-writing the equation as $\frac{k}{12} \div \frac{15}{k} = 20$ and then rearranging gives $\frac{k}{12} = 20 \times \frac{15}{k}$ and so $k^2 = 3600$.
As $k > 0$, $k = 60$ so the sum of the digits of k is 6.

Mrs G Brown



Maths Club

At Maths Club, Year 8 pupils are challenged to use their mathematical thinking outside the maths lesson. This year, it was run by five enthusiastic Year 14 pupils (Charlotte Hanna, Katie Migan, John Morrison, Jyoutir Raj, Brice Young) and overseen by Mrs Kerr. The club met every Wednesday during junior lunch and each week had a different theme. Team challenges such as Pointless and Family Feud were firm favourites, but other activities included Arithmetic and Algebra Bingo. There was also Origami and end of term quizzes at Christmas and Easter. Pupils loved the competitive nature that some of the activities promoted and tried to beat the sixth formers in the tasks and brainteasers. It was a great way for Year 8s to meet pupils from different classes and often there were (sweet) rewards for completing the puzzles correctly.

E Kerr

Poetry

The sea whooshed about
The waves danced and clashed in style
The sun gleamed brightly

Lewis McBride 8B

The shoreline recedes
The tsunami wave will crash
Destruction it brings.

Warren Bishop 8B

Staring at the sky
Blossom trees shielding my eyes
From the blazing sun.

Abbie McCalmont 8B

Clouds like candyfloss
Without a care in the world
Dancing in the sky.

Beth Henderson 8B

I lay on the grass.
The sun gleamed over the hill.
What a perfect day!

Izzy Hillier 8B

The farm is noisy
because of the loud tractors
and the mooing cows.

Sophie Townley 8B

Something crept about
Hidden in the dark shadows
It was a small mouse.

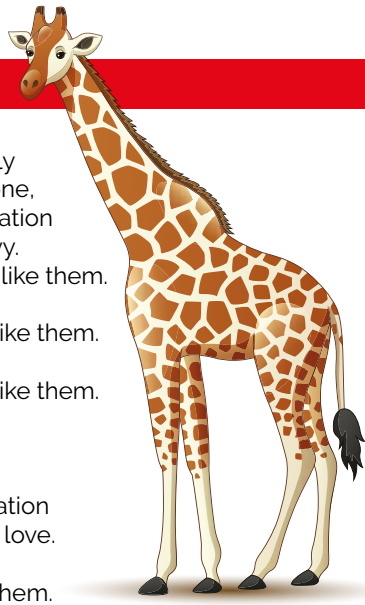
Amy Bingham 8B



THE GIRAFFE

Standing up there proudly
Head risen above everyone,
Others look up with adoration
The animal all others envy.
Yet all he wishes is to be like them.
They think he's the best
but all he wants is to be like them.
They all yearn to be him
but all he wants is to be like them.
You see...
It's lonely up there
Above everyone else.
There are looks of admiration
but none of friendship or love.
They all want to be him
And he wants to be like them.
The other animals,
all purple with envy
But he too, is purple.

Annie McEwan 10F



THE LION

Fierce, fearless and fair,
With a mane of luscious hair
Calm, confident and curiously charming,
With a roar that's quite alarming.

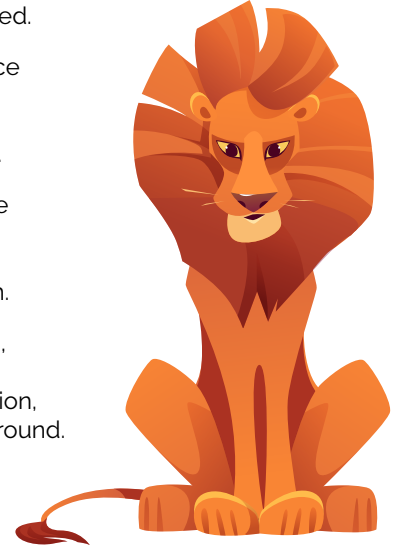
Eyes like brown velvet,
vivid and bemused.
The nose aristocratic,
With a body that's bruised.

He walks with such grace
The king of all beasts.
Not afraid of anything,
How I wish that was me.

No matter the challenge
The beast can cross it.
It enjoys the difficulty
And finds a way through.

There's a lion in all of us,
Waiting to pounce.
The calm, courageous lion,
Not afraid to stand its ground.

Janya Rajan 10F



ELEPHANT

The herd swayed gracefully against the setting sun,
They had travelled so far but always as one,
Flapping their ears to keep themselves cool,
Using their trunks to drink from a pool.

The calves stay close to their majestic mums.
Sleepy snores sound like happy hums.
They spray themselves with sand and dirt,
While babies muster a silly squirt.

I love to watch the elephants roam
Through lakes and deserts to reach their home.
I will never tire of hearing them stomp
Or watching them bathe in a muddy swamp.

Lois McCrubb 10F

SEAGULL

Overlooking the town like an owl to prey,
Watching people go about their day.
Children, adults, elderly and teens,
You must be wondering what they all mean.

Sitting atop the battered phone lines,
You must have had time to think like Einstein.
If you could join us what would you do?
Read a book? Go to the zoo?

Yet the seagull continues to live in peace, only a squawk
out of its beak
It is something I often wonder,
When I awake from my slumber.

Emily Trainor 10F



PRIMARY 7

The sun smiled down at me,
The smell of wax crayons in the air
And the grass stains on my clothes.
The burst of colour as you crash in the door,
The instant buzz of chatter.
We all worked like busy bees
And sometimes went home with grazed knees.
Who knew we would miss it so much...

Demi Large 10 H

PRIMARY 7

We were like a herd of wild animals
charging for the classroom door.
Lunchtime was our freedom, our
chance to roam and explore.
The sun would beam down on us on good days
and the clouds cry with us on the bad.
I will always remember the chaos of the school
production, the thrill of sports day,
The general good vibes that Loughries gave us.
Nothing could beat it, the intrinsic sense of belonging.
However, our last two days there were
sprinting away like Usain Bolt.
Realisation that we must leave our small, safe
sanctuary behind, in search of greater things.

Poppy Forbes 10 H

THE GIRL CALLED KATIE AND HOW SHE TERRORISED MY CHILDHOOD

The girl called Katie, was a terrorizing child.
She was like an animal, crazy and wild.

From beating up kids, to biting the teacher
She was certainly, an insane creature.

She shouted and hit and raged like a storm.
Until she left school, to be reformed.

She returned with manners; we were rather surprised!
But she was only thinking of new ways, to ruin our lives.

Bonnie Heron 10H

THE OCEAN

The calm sea laps over the sand
shimmering in the sunlight.
I can feel the icy liquid on my feet as I
wade in and out of the water.
I watch as the playful puppies splash, searching
for a ball as the tide comes in and out.

Eden Embleton 9F

THE OCEAN

The ocean is a vast, indigo expanse of water stretched out
as far as the eye can see. It is home to all kinds of sea life
such as dolphins, octopi and whales. On calm mornings,
its surface glitters radiantly in the sunlight. However, don't
be fooled by its outward beauty. On stormy nights, the
ocean is a wild, perilous beast to which thousands of lives
have been lost.

Molly Donnachie 9F

THE OCEAN

The ocean glitters like a jewel as it crashes towards me,
soon coming to a gentle halt. Ocean spray somersaults
wildly in the air. Shades of emerald and coral clothe
the ocean floor, giving refuge to the inhabitants of the
unknown underwater world.

Molly Evans 9F

THE OCEAN

It's a hazardous place.
Creatures with sinister intentions, lurking
in the depths, ready to attack.
It's filled with ominous sea caves and strange life forms.
The water resembles an inescapable trap,
Sealed underneath a deceptive turquoise surface.
But, high above all this is a wonderful dream,
A tropical paradise filled with shouts of joyful people.
A beautiful place bordered with warm, sandy beaches.
Those gullible people who splash about in the
water are oblivious to the ocean's eerie secrets...

Sarah Masih 9F

A WALK THROUGH THE FOREST

A walk through the forest
Late one autumn's eve,
I came across two paths
Laid by dry crunching leaves.

A moment frozen in time
My thoughts like a blunt knife,
A moment of indecisiveness
I think about my life.

One path could bring me wonder
In the scenery around,
Full of creativity and colour
Or perhaps some radiant sound.

Another could be different
Where the roots twist and turn,
Requiring deep thought and interpretation
A path where I could learn.

I stand to further examine the paths
Again and again and again,
Then I take a step forward and walk in between
Paving my very own lane.

Chloe Jayne Mannis Year 13

I DON'T LIKE WINTER

I don't like winter.
Or perhaps it is winter who doesn't like me.

One step outside sends me into a shiver
And all joys of summer hibernate once again.

I stand for a moment; captivated
By the glistening crystals on the tarmac.
But one more step, a slip and a smack
Remind me of winter's mischief.

I don't like winter.
Even the trees have lost their welcome.
Their skeletal bodies neither wave nor sway
Just stand as monuments of seasons past.

A snowfall might relieve the gloom;
A fleeting moment of tranquillity.
But soon it sinks into mud and puddle
And dampens the spirit within me.

Patrick Tweedie Year 13

PERFECTIONISM

The perfectionist fixes one line of a poem,
over and over,
Until no lines are right.

The perfectionist redraws the margin on a page,
over and over,
Until the paper tears.

The perfectionist writes so many versions of the scene,
over and over,
that she never gets to finish the play.

The perfectionist overthinks the little things,
over and over,
That end up never being important.

The perfectionist is likely to...
End up re-writing this poem.

Maria Napier 10G

SUMMER

A typical summer's day...
The sunlight comes alive dancing across your skin.
The waves wash whooshing and wonderfully
Over the beach,
The blistering sun stares down from above.
An occasional breeze as if someone was breathing over you.
On days like this it was only natural to
Hope that it would last forever.

Chloe Hogg and Caitlyn Cunningham 9H

WINTER

The dancing snowflakes flicker in the wind,
The sound of smashing snowballs.
The families wrapped up like presents,
Decorative lights stand out like stars,
The grass painted in white powder.
Winter once again has come.

Ian Heap 9H

WINTER

Fingers as cold as icicles, prickly to touch,
As the trees whirl wistfully in the wind, bare and broken.
Darkness pushes the sunlight away earlier than usual.
You stride through snow, as sleek as silk
Soon going inside,
Chocolate cocoa keeping you cosy.
You know it will all melt away like ice, once again.

Ellie McIver 9H

SPRING

A burst of colour fills the meadows,
As the blooming flowers blossom
Like baby chicks hatching from an egg.
The sun jumps out from behind the clouds
Like a baby Kangaroo playing hide and seek.
Children are playing in the green grass, getting their shoes dirty,
Butterflies are as colourful as a rainbow in the sky.

Emma Cromie 9H

WINTER

Snow falling like volcano ash.
I look out my glass window
And see shadows dancing on the snow.
The streets stained white
Like a carpet with spilt milk
Or a house wall splattered with paint.
The frost is violent and bitter
Attacking my window with wild fury,
Yet the house is so warm and welcoming
Like a hug from a loved one
Or a tasty oven pie.
The silence is deafening although calm.
This is Winter, so wacky, so weird
So calming, so cheerful.

Daniel Crowe 9H

MY WINTER POEM

The shiny sea shivers on a
Winter's day,
Snow on the roads keep the drivers at bay,
Hands stiff as a log,
Must be kept near the roaring fire
While they melt.
A magnificent moon,
Wrap up tight, warm up soon.

Luke Johnston 9H

A WINTER POEM

Snow falling on the forgotten grass,
Climbing ghostly through the bushes.
The bare branches waving in the wind.
The northern lights shimmer, dancing in the dark sky.
I walk through the shadowed forest,
Welcoming the frost.

Abi McIver 9H

MY SPRING POEM

A feel of frost in the spring morning,
The sun peering over the hills like a predator stalking its prey.
As you walk by the daffodils
They wave happily at you in the wind.
The white clouds in the sky glancing down at the village below.
As you walk through the village
You hear the wind whispering its way around the houses.

Harrison Jamison 9H

Creative writing extracts

THROUGH THE WARDROBE DOOR

I was enjoying my new home as I found a door that looked different than the rest. I slowly pushed the door open as it creaked continuously. The room was dull and empty apart from a large piece of furniture that, for whatever reason, had a humongous, white sheet over it. I tore it off what happened to be a large, magnificent, oak wardrobe. I fiddled frantically around with the handles until I finally opened it.

I glared curiously into the wardrobe and saw nothing but coats, cloaks, scarves and trousers. I heard an eerie sound and decided to walk through the wardrobe that was as old as time. I shuffled nervously through the cabinet feeling around to make my way as I couldn't see for the dense darkness.

A bright light shone suddenly in my direction. I rubbed my eyes and proceeded to walk towards the luminous object until I found myself on what looked like an island.

I stretched out my long arms before wandering around on the luxurious golden beach I had set foot upon. The waves crashed and curled as I walked ever so slowly through the shallow ocean. 'This is bliss,' I murmured to myself. I turned around and noticed a tropical looking forest, so I ventured towards it. I sighed contentedly at the comforting aroma of some exotic species of bright violet flower; arrayed with big, bright blue basking butterflies.

I continued exploring, pushing my arms through the vines in my path ...

Zara Arthurs 8E

I slowly crept across the dark and gloomy room that I had just stumbled across leading to an ancient pitch black door. I raised my hand and carefully twisted the rusted golden door knob. I fearfully flinched back from where I was standing because there were some clothes, that looked as old as a mighty oak tree, hanging there in a very human-like way.

'I really don't want to go in here,' I thought, 'but I must if I want to win this game of hide and seek!'

I reluctantly hopped into the creepy wardrobe but as I did, I felt the roughness of an old-fashioned hat, that was crouching on the floor of the wardrobe, brush against my leg. How strange...

It had been around thirty minutes since I had entered so I decided to joyously burst out. I exclaimed, 'Ha! I have finally won a game of hide and seek!'

But as I checked out my surroundings, I was fearfully shocked.

'This isn't the same room,' I nervously whispered under my breath...

Eva Patton 8E

An anticipating gleam of light shone behind the wheat coloured, wooden wardrobe door. An air of mystery hung around it.

'Come in!' the door seemed to beg with a voice as soft as the shadows. 'Go on! If you miss out, you will regret it!'

How could I resist? The door was a pathway, a gleaming pool of stars. Trembling, I put my hand on the knob and gently pulled it open. My adventure had begun.

Almost instantly, bright eye-straining light engulfed everything I had seen prior to this, like escaping smoke from a fire. Suddenly, a booming wind launched itself onto my face, roaring into my ear like a lion. I shivered from how cold it was. After what could have been a heartbeat or eternity, the mist-like light melted away and I found myself lying in a pitch-black place as dark as a crow's wing.

Abruptly, two dim lights flickered on in the distance and some queer lamps, as colourful as disco lights came to life, but their glow did not illuminate the place. I heard a faint rumbling in the distance and as it became louder, a train revealed itself, thundering down the train tracks as quick as lightning. The train was a hunter chasing its prey. However, I couldn't move!

Terror rose in me like a fire on which someone had poured oil. My heart fluttered like a trapped bird. I closed my eyes a millisecond before the train hit me, but suddenly, I felt the ground disappear beneath me...

Victoria Lasinyte 8E



One seemingly normal day, turned into anything but ordinary for one young girl.

Sarah was walking her usual route to her aunt Polly's cottage. Although she had to walk through the woods, she didn't mind too much because she knew her way around these woods like the back of her hand. Or so she thought ...

She walked along a familiar cobbled path in the centre of the woods, so she wouldn't get lost. However, suddenly the path ended. Sarah stopped at a halt and confusion flooded her mind. The path was right here just last week. Wasn't it? Being the strong-willed girl she was she continued her journey, determined to see her aunt. As she daringly strode on, she noticed that it had become increasingly dark and a strange green luminosity had begun to swirl around the trees. She couldn't see properly but one thing she could see was that she wasn't where she hoped to be. She spun around only to witness that there were five different tunnels, through the thick of the trees, which she had never seen before. Where was she?

She knew she needed to get out of there, but she had to pluck up the courage to investigate each tunnel. They all looked similar and she didn't know what to do. She tried to retrace her steps, as best as possible, and had narrowed it down to two tunnels. It was almost pitch black at this point and she had to decide. To her the tunnel on the left looked less frightening so she started to slowly, stroll straight through the undergrowth towards it. She walked and walked and walked, for what felt like forever, until out of the corner of her eye she noticed a glowing light up ahead. Sarah powerfully picked up her pace and started to run. She couldn't wait to get out of the woods and get answers. What was happening? Why was it happening? How was it happening? Questions upon questions piled up in her brain ...

Emma Rutherford 10F

It was a cold dark night. Colder and darker than any other December night John could remember. After being falsely accused of serious theft, John had gone into hiding into a small derelict shack, deep inside a large forest. John's life was truly miserable. The constant rain added further mould and infestation to the already rotting walls and the ceiling and floors were ruined by the wicked weather. Suddenly, as John was sitting in his mouldy chair, he heard it. A rustling sound from deep inside the forest. John's heart was in his mouth. Panic-stricken his thoughts rampaged rapidly, "Had he been found?"

He immediately grabbed his rusted pistol and flung himself towards his door. 'I'm going to die,' John thought to himself.

At that moment, hundreds of armed policemen stalked out of the forest and surrounded the house. John's heart beat faster as he heard the ferocious yapping of dogs, as large as elephants. He dropped his pistol in fright, alerting the policemen. 'We know you're in there!' a voice cried. 'Don't try to resist.'

John was about to give himself in until he heard a smash at his door, throwing him backwards. The door broke down and three men, as tall as mountains, came crashing in, binding John with light handcuffs. 'I'm innocent!' begged John. 'Please let me go!'

They didn't listen and John was led away, deep into the night.

When he woke up, John found himself in a cell. The iron bars were the only glimpse into the outside world. He had to make do with a bed, that looked so uncomfortable that he may as well sleep on the floor, a filthy sink and a single, flickering lightbulb.

'Prisoners! Breakfast now!' a threatening voice exclaimed.

John was led down a hallway and saw a small vent, layered with dust. His heart leapt. This could be his chance of escape...

Matthew Masih 10F

BERT THE BRILLIANT BUSKER

In the cold city of Belfast, Northern Ireland, there was a busker. His name was Bert. Bert always got up at the crack of dawn and would head down to his favourite old, wrinkled tree outside the humongous Nike shop. Bert always attracted a massive crowd with his skilful playing. He would always start off playing the simple yet catchy riffs of AC/DC and slowly progress to the challenging shredding and sweep picking of Yngwie Malmsteen. Today was a good day. Bert was earning almost twice as much as he normally would. He was on top form and his dog, Bartholomew, was behaving himself. He named his dog Bartholomew after his father; in case you were wondering. It's not a usual dog name.

The crowd loved him and his playing. Well, almost everyone. One person detested Bert's playing and was shoulder barging people out of the way to get to the front. When he reached the front, he suddenly jumped forwards, took Bert's bucket, and sprinted off through a gap in the group, who were clapping along to Bert's playing, 'We Will Rock You', though they quickly stopped at the sheer shock of this awful act!

The thief was gone, but that didn't stop Bert! As quick as a blink, he packed away his amp, guitar gear, and his beloved red stratocaster, and took off like a missile headed towards a target. Bert was the missile, and the thief was his target! Bert would stop at nothing to catch the nasty man and get his white bucket full of hard-earned cash back. Bert was incredibly quick (he used to win plenty of sports events 'back in the day') and soon was gaining significantly on the thief, who was severely struggling due to the sheer weight of the bucket...

Dylan McConnell 10F



Wicked Young Writer Awards

When I was in Year 12 I entered a poem into the Wicked Young Writer Awards, but then the Covid-19 pandemic hit. I heard nothing more about my entry, so I forgot about it. However, during my A Levels in June I received an email congratulating me on being a finalist in the 15-17 age category of the 2020 Wicked Young Writer Awards! I was shocked by this as I had completely forgotten about it, but I was so grateful to be chosen as one of the finalists. I won an anthology with all the finalists' pieces published within it, as well as four free tickets to see Wicked in London! I was fortunate enough to then see Wicked in July on its 6000th performance in the West End. It was an amazing show!

My poem 'Grief' was written when I had recently lost a relative and was searching for a way to express my feelings and I found solace through writing the poem. It explores the depth of grief and the complexity of such a feeling, whilst acting as a reminder that the reason we grieve is because we loved. This poem means a lot to me and I am so grateful to the WYWA team for choosing it as one of the finalists and allowing me to share it with others.

GRIEF

Grief.
It's difficult to put into words,
How to describe that feeling,
That aching feeling
That pulls at you from within,
Drowning you with an unexplainable feeling.

Sad is one word,
But it doesn't touch the bottom
Of the hole that remains.
How can such a common word describe a sense of loss so deep,
That nothing can reach you to pull you out?

Loss is another,
But it hardly scratches the surface.
Only a minor dent in the never-ending blockage of grief.
The blockage gives weight
That holds down your heart,
Making it harder and harder to breathe.

Heart breaking?
That's true, but doesn't show the extent of your injuries,
Both mentally, physically and emotionally
The pain that never ends,
Leaving a lasting hole in your heart -
Breaking it apart.

I don't think one word can accurately describe the sense of grief.
Maybe a few put together,
Or maybe it's a feeling that can't be explained in words.

Grief targets the heart and rips it out,
Leaving an aching wound in its place.
But like wounds, grief heals overtime,
Yet a scar will always remain where love used to be.

With grief comes love
And a constant reminder of those we lose,
So that they never really leave us.
However hard, however tough,
Grief can feed and with that the pain eases.
But we never forget.
We never leave them.
And they never leave us.

Susanna Shields 14F



The Sky's The Limit



Test Lab

4C UR Future LIVE Ards 2022

In June 2022 Year 9 pupils attended a careers event called '4C UR Future' at Blair Mayne Wellbeing and Leisure Complex. The event was enjoyed by all pupils who appreciated the interactive nature of the 'game zones'. In each zone, pupils were assessed in a variety of skill areas hosted by local employers and volunteers such as the Almac Group's 'test lab' and the NI Civil Service and Danske Bank's 'like a boss' entrepreneurial game. Pupils developed their teamwork, decision-making, and communication skills. The results of their games will be imported into their own 4C UR Future portal providing information regarding future career pathways.

C McNiece



Escape Room



Code Home



Positive Pieces



Test Lab

The Thwarting of Baron Bollingrew



The excitement that filled the room as the lights were dimmed was not normal preshow excitement. This was the first time that a play had been staged at RHS since October 2019. Mrs Graham's choice of 'The Thwarting of Baron Bollingrew' could not have been more perfect as her laugh a minute production was exactly the tonic the audience needed after the long and lonely days in lockdown.

The scene was set, and events ably narrated throughout, by the articulate Hannah Miller who transported us back to a time long ago in a dukedom where dragons roamed, and their only match was a team of shining knights. The Duke's most loyal knights Sir Percival Smoothely-Smoothie, Sir Digby Vayne- Trumpington and Sir Graceless Strongbody demonstrated their prowess by presenting their trophy of a slain dragon's tail. These roles were filled superbly by Ella Craig, Evan McClean, and Bella Wright- with special mention to George Boyd who stepped into her role from the second night onwards. The discriminating Duke was played by Rachel Blair with conviction and good humour. However, the audience quickly realised that the intention of the whole Duke's court was to rest on their laurels and Juniper, performed capably by Sarah McCracken, pronounced that having slain the last dragon in Dukedom it was time to enjoy a nice lengthy period of inactivity.

There was just one problem. The unlikely hero of Oblong Fitz Oblong. Patrick Tweedie was excellent in this lead role and captured his earnest and endearing qualities perfectly. Oblong Fitz Oblong's conscientiousness to continue fulfilling his knightly duties led to him being sent on a one-man mission to the terrifying Bollingrew island.

What followed was a delicious hour of scrapes and setbacks as Oblong attempted to thwart wicked Baron Bollingrew, rebuild the church, and rid the villagers of the terrifying dragon. Standout performances from Darlee McComb as Baron Bollingrew, with brilliant accent and stage presence, and Susannah Shields as his, somewhat crafty, somewhat hapless sidekick Squire Blackheart, ensured that Oblong was challenged at every turn. Further complications ensued with the nefarious plotting

of Dr Moloch portrayed with cunning by Lucy McKinney. Thankfully Oblong did find some friends to help him along the way with Obidiah the egg painter, whose quiriness was beautifully expressed by Benjamin Hammond, and the Lord Mayor with the best of intentions, played with enthusiasm and gusto by Oliver Stevenson.

Every single performer shone, not only in the way they delivered their lines but also in their superb physicality on stage. The choreography of the fight scenes, the mischievousness captured in the movement of Magpie and Mazepa, and the star turn from the Regent House dance team all contributed to the entertainment on offer.

Thankfully this play's name did serve as a clue to its ending and despite a moment of indiscretion, which thankfully was only due to magical enchantment, Oblong Fitz Oblong fully lived up to the title of hero by the play's conclusion. He even faced the fearsome dragon voiced convincingly by Evan McClean and the finale saw Bollingrew banished, a giant dragon tail claimed and Oblong instated as Baron of the Isles.

No school show is complete without significant backstage support and special mention must go to Zoe Williamson as stage manager, the costume team, props team and tech team. From Jay Wilson creating dragon tails to Year 9 Art Club painting eggs there were so many finishing touches included to bring the story to life. Also, staging a performance in January 2022 was no mean feat given the last-minute casualties due to Covid and special mention must go to the willing volunteers who stood in for new or extra roles at the final hour. Well done to the entire team of cast and crew for pulling together to ensure the show would go on!

This highly anticipated return of a school production lived up to all expectations and marked a significant new chapter as Mrs Graham, assisted fantastically by Miss Doherty, demonstrated they were up to the formidable task of following in Mrs Allen's footsteps. The future of drama in Regent House looks set to be sparkling!

Orla Chapman



Gold Report 2022

After two years of restricted activity in the expedition section of the Duke of Edinburgh's Award, it was with much excitement that we were able to commence all expeditions once again. What a busy year it ended up being, with over two hundred awards, across all levels, being achieved. Of course, we had the "traditional weather" with a real mix of glorious sunshine and torrential showers in June but, despite the weather, the spirits of the young people involved were not dampened and memories, good and bad, and friendships which will last a lifetime were formed. I extend my sincerest thanks to all staff involved, especially Dr. Morrison and Mrs Mellon for everything they have done to support the pupils during this past year.

E Green

EXPERIENCES OF THE DUKE OF EDINBURGH'S AWARD THROUGHOUT MY YEARS AT REGENT HOUSE.

Looking back on my memories of the Duke of Edinburgh's Award scheme throughout Regent brings back meaningful but amusing memories. My experiences started in Year 10 after making it onto the merciless acceptance list for Bronze. Whilst my application made me out to be an outdoor expert, this didn't stand too well when it came to the first practice expedition. On our very first day, on our very first lunch, I managed to set our group stove on fire within five minutes of cooking! Surviving my near forest fire experience, I managed to complete the two-day expedition from Holywood to Donaghadee without any problems (probably because my group didn't let me cook from that point on).

Despite the reputation I gained from my Bronze award, I was accepted back to complete the Silver award in fourth year. The skill set for the Silver award was massive compared to the Bronze award, with new-found skills such as compass work, timing/pacing and Mourne map work being required from us. Our residential took place at Shannaghmore Outdoor Activity Centre in the middle of December. This experience allowed me to enhance my skills whilst creating a collection of comical memories: my most notable memory being dressed up as Santa whilst being covered in snow as we walked up to Hares Gap!

Covid struck preventing several years of Duke of Edinburgh's Award expeditions from taking place due to social distancing rules. Luckily our year was the first to return to expedition as restrictions eased, allowing Regent to tackle the Antrim Hills once again. The biggest challenge for me on the Gold award was food: being in

a group of primarily rugby lads meant we were hungry from walking all the time! With extra food brought extra weight to our bags, which proved to have an effect over the four-day expedition. All the pain was worth it, with tremendous views and scenery displays from the much-underrated Antrim Hills! Duke of Edinburgh's Award has presented itself with many highs and lows, both physically and mentally, but the hard-fought mental attitude and resilience gained from it will last with me into the future.

Curtis Ewing (Gold Participant)

The Bronze Duke of Edinburgh's Award

I did it! When I first signed up for the Bronze Duke of Edinburgh's Award earlier this school year, I had no idea what to expect. I was in for a surprise. We started back in September when we started to plan our three sections to complete the award - physical, skill and volunteering. The three sections have taught me to have patience when working with others, passion when doing what you enjoy and to practise again and again until you get it right. Although, the expedition is by far the toughest part.

For my physical section, I was involved with our school's hockey team; attending weekly training sessions and Saturday morning matches. It was a great way to build friendships and improve my fitness and playing ability. I gained the confidence to manage a team and had a brilliant time throughout the season!

I chose litter picking as the activity for my volunteering, which entailed one hour a week for three months. I hadn't realised how much rubbish was in my local area until I had to look for it! Volunteering has taught me to be more mindful and caring, not just about the environment but to others as well.

The skill that I picked was cooking and baking. I cooked once a week to eventually create a recipe book at the end of the section. It made me independent and has given me skills that will last a lifetime. It also helped me be able to cook dinner for my group out on the expedition. Not all my attempts were successful, but I always seemed to manage to produce something in the end. I now can say that I quite enjoy being in the kitchen and I could see myself maybe continuing this in Silver.

Finally, the expedition! What we had all been waiting for. For us, this included a thirty kilometre walk from Donaghadee to Belfast along the glorious North Down costal path. The first part of day one was the toughest, but the kind weather made it slightly better as we tried to work up a tan! Reaching Crawfordsburn was a weight lifted off our shoulders, quite literally when we removed our rucksacks! We toasted marshmallows and had spaghetti for dinner all while laughing with our friends. In the morning we set off early knowing that soon it would

all be over. Quickly, we stopped for lunch at Sea Park in Hollywood already wet as the weather had taken a turn. The shower slowly passed only to come on again. The rain poured down on us and the wind blew us in all directions but, with the finish line in sight, we picked up the pace. Exhausted and relieved we crossed the finish line!

The Bronze Duke of Edinburgh's Award was an experience that I will remember forever. I have learned lots and have made friends that will last a lifetime. The Duke of Edinburgh's Award has been an amazing experience and I hope to continue to the Silver award. If you are given the opportunity to do it then say, "Yes!" It's definitely worth it.

Lottie Wilson 10H



Silver Yellow Group



Silver Black group



Silver Blue Group



Silver Green group



Silver Pink group



Silver Purple group



Silver Red group



Junior Scripture Union

Junior SU is one of the best parts of our week! We love SU! At Scripture Union we play games and are able to discuss the Bible with like-minded students. Every week we study different stories and themes from the Bible in an engaging and fun way. It is a very welcoming and friendly environment where we learn about God and Christianity.

We have made so many new friends there and enjoyed watching a selection of videos, playing games and taking part in lots of different activities. We also enjoy the different sweets and treats the teachers bring along.

We recommend coming along to A3 for Junior SU, you will love it!

By Ingrid Rothwell and Sarah Sinclair (Year 8)

Senior Scripture Union

I always think SU is hard to describe if you've never been before but the best word I can think of is 'family'. I've been able to go to SU basically all my time in Regent and, though it's a part of school, I love the fact that it never really feels like you're in school. SU has helped me personally so much by allowing me to form friendships, grow in confidence and continue growing my faith. I remember giving my first short

talk at SU back in Year 11 at the SU weekend and to say I was nervous is honestly an understatement. I remember so well how terrified I was speaking, but since then being surrounded by amazing people encouraging me has helped me to grow so much in confidence in who I am, knowing that I am truly held and loved by God just as you are.

This year SU finally looked a lot more like 'normal'. We were able to play – some of which were very interesting... as well as have speakers back in to give talks and have everyone take part again in group discussions. The conversations I had in my small groups this year were so beneficial to all of us as I made some new friends but also was able to talk more deeply about the struggles we were having in navigating the ups and downs we face when living for Christ.

The SU weekend at Castlewellan will forever be a highlight of my last year in Regent. From picture challenges to hilarious dramas and late-night games, the sense of family and friendship we all felt by being able to go away together was a true blessing. I really enjoyed the different speakers this year and felt challenged by them to live out my faith truly, as they focused in on the cost of following Jesus as well as the freedom that we can experience through Him. We also had worship during devotions which was an amazing way to start and finish each day, and a prayer room was available too. I also can't fail to mention the incredible food.

This year we also saw the return of SHINE which is our outreach week in school. Hearing testimonies from both pupils and teachers throughout this week was very encouraging and it was exciting to see so many people show up, not just for some free food but also to hear about Jesus.

Being surrounded by friends and teachers each week all seeking for more of God has been incredible. But what I've loved most about SU is just being able to worship God. No matter what kind of day I've had, SU is always a safe place where I can connect with the person who loves us more than we can imagine, and I am forever grateful for that.

Sarah Pope (joint SU President)



GANAWAY 2021

The trip to Ganaway was absolutely phenomenal! Even though I loved everything; the zipline was my favourite. Imagine...You are at the top of a building, travelling through the tallest trees, about 40 metres from the ground, looking down at the tiny features on the ground. That alone sets your adrenaline pumping! Then you get strapped to a safety harness and WHOOSH! Down you go on the zipline at the speed of lightning, feeling the branches poke you, the fresh wind on your face and seeing the ground swiftly becoming nearer. I 100% recommend it - it's not as scary as some people think!

Viktorija Lasinyte 8E

THE CLIMBING WALL

I went to Ganaway with my class. My favourite part of Ganaway was when we went on the climbing wall. The climbing walls were in a big room outside, which was fortunate considering that it was raining outside. First of all I tried the normal climbing wall. I got up to the top of the climbing wall and when I looked down, that was my mistake because I got scared of how high I was. In the end the climbing instructor managed to get me to let go and fall backwards. I was all right once I had come down. Then I tried the second climbing wall. I was only able to get halfway up and then I came down again. After that, I tried the third and final climbing wall. This one was easy enough and I was delighted when I got to the top and rang the bell. I really enjoyed the challenges at Ganaway.

Peter Trainor 8E

GANAWAY

When I was at Ganaway we did lots of exciting activities including team building, completing an obstacle course and confronting the climbing wall but my favourite part of the day was the orienteering. It was brilliant running around trying to find the flags! It was really funny when we dropped our map in the river and we had to fish it out! I loved my experience at Ganaway with my school!

Jacob McConnell 8E







Ski Trip 2022

BIEBER WIER, AUSTRIA

The excitement of a ski trip post Covid was palpable on the trip to Dublin airport. This was the first time most of us had been out of the country in over two years. The sea of red fleeces descended on the Aer Lingus stand and the Topflight representative quickly got them to open a desk just for the 97 Regent House Skiers. Due to the trip being moved later in the season we flew into Italy and enjoyed a scenic drive through beautiful Italian towns, with amazing architecture, as the sun set over the rows of vineyards. We arrived in Austria and enjoyed a meal before investigating the rooms. There was another school from Co Tyrone staying in the hotel with us.

The first day we walked to the ski shop and got kitted out for the week. Our first day's skiing was at Bieber Weir, a quaint and picturesque Austrian resort perfect for beginners and a good warm up for the more experienced skiers in the group. The instructors were brought in by Topflight—they were Italian but had excellent English and we enjoyed learning new phrases. The advanced group were always 'ale duro' (going hard and strong) and in the first few days there was quite a bit of 'cartelle' (falling) over the fun jumps.

The weather was uncharacteristically warm. Everyone had good colour in their cheeks and agreed they had worn too many layers. We walked back home in our ski boots, a tired and weary bunch at the end of day one.





On days two and three we skied at the slightly larger and higher resort of Ehrwald, a short bus trip up the mountain. With our large numbers we had to split, and the more advanced groups went early in the morning catching the bus outside the door of the hotel. Skis were stored in the garage at the hotel, and we took them on the ski bus with us. The local ski bus was full to the brim and we squeezed in like a tin of sardines, but the years of experience on RHS school buses paid off and taught me you had to run for a seat.

The walk up four or five flights of stairs to our rooms was, by now, no problem as muscles were toned and stamina developed. The rooms were basic but by the end of the week we were extremely attached to the quirky hotel. The games room provided entertainment, especially the punching bag machine, and Rory McVeigh set a formidable high score early in the week. Both schools and even instructors tried to break the high score all week with no avail. We had daily trips to the only nearby shop to get some tasty snacks.

On the last three days we skied in Ehrwald Alm. The bus trip was slightly longer but well worth it. This was my favourite resort as it was bigger, had more runs, spectacular scenery, and pretty restaurants. The sun was still blisteringly hot with 22 degrees recorded at the bottom of one ski lift. The advanced group saw a pack of wolves in the mountains along with some tiny mountain goats. All the groups loved the ski cross and the competition to see who could do the best trick over the jumps. The snow and conditions lasted well for our week despite the heat, and it was just a bit slushy in the afternoon.

We were fortunate not to accumulate too many serious injuries and Dr Moles was a magician at keeping us on the slopes, holding his drop-in clinics morning, noon and night-even patching up the ski instructors. The restaurant we all ate in at lunchtime was very modern, the toilets were even accessed by an escalator. We enjoyed the range of delicious food at lunch, tantalising pizzas that you could smell cooking as you watched them in the stone oven.



Everyone progressed significantly and could ski well by the end of the week - the beginners were amazing. The days flew by and there was lots of technical advice from staff and instructors, including carving with Mr Carville.

I am really going to miss the Regent House ski trips; they were one of the highlights of my time as a pupil at Regent.

Sarah Taylor Year 14



Janya Rajan with Mr Carville

Janya Rajan from Mr Woodcock's Year 10 class won a special merit in the Texaco Children's Art Competition. This is a National competition and it is a huge honour to be a prize winner. Janya received a large box of art supplies as her prize and we are hopeful that her work should be on exhibition in the Ulster museum.



Hannah Derrick

Art

Best wishes to Kerrie Bell in her new career.



Connie Magee



Connie Magee



Ellie McBride



Erin McAdam



Erin McAdam



Erin McAdam



Trinity Stevenson



Kate Derrick



Katie Holmes



Jessica Gawley



Rosalind Jamison



Katie Holmes

Rivers of Hope

We were delighted that Regent House was selected to take part in The Rivers of Hope project in conjunction with the British Council and the Thames Festival Trust to develop an artwork that was printed on a flag included in the Queen's Platinum Jubilee celebrations. We were one of only seventy two schools to be selected throughout the UK. This Arts-based learning programme had strong climate change and environmental themes. 9H worked with Artist Conor McGinley and Mrs McCullough to investigate the theme of local rivers and waterways to produce work both individually and collectively. The final design for a 1.5mx1.5 flag was on W1 Curates digital screens across the country for four days and was included in the Queen's platinum Pageant before going on display for a month in the Rivers of the World exhibition. This is a two-year programme which will also provide opportunities to forge links with an overseas school to develop curriculum related projects.

The Platinum Jubilee Pageant was a celebration of Her Majesty the Queen's incredible 70-year reign. The event took place on Sunday 05 June 2022, in and around the streets near Buckingham Palace, St James's Park and Whitehall.

The live event was broadcast across the globe on the BBC from 14:30 - 17:00 (UK time) and was watched by around one billion people.

It was an incredibly special occasion, and we were thrilled to have been part of this amazing day.

The procession began on Whitehall, turned through Admiralty Arch, went down The Mall, turned right around the QVM and ended on Birdcage Walk.

G McCullough





Music Department



Choir

In the last two years the pandemic has presented challenges to musicians everywhere. We were delighted this year to get all of our ensembles back up and running. The restrictions meant that we were rehearsing two metres apart which proved to be a challenge! However, it was great to finally be making music together again!

Unfortunately, we were not able to host a live carol service this year and instead recorded our service. We are grateful to St Mark's Parish for allowing us to use their building. It was great to be back in this beautiful building and to sing in this amazing acoustic. Our Junior Choir, Junior Chamber Choir, Senior Chamber Choir and String Ensemble began preparing for the carol service in September. Our readers for our carol service were Daisy Forbes (Year 8), Evie Hammond (Year 10), Matthew Todd (Year 11), Charis Macaw (Year 12), Ellen Cowan (Year 12), Kate Derrick (Head Girl), Curtis Ewing (Head Boy) and Mr Carville. The Senior Chamber Choir sang the familiar carols 'Once in Royal David's City', with a beautiful solo from Hannah Millar, 'O Little Town of Bethlehem', 'Away in a Manger', 'Hark the Herald Angels Sing' and 'O Come all Ye Faithful'. They also sang 'Rejoice and Be Merry' by Rutter and the challenging 'Daemon Irrepat Callidus' by Orbán. The Junior Choir sang 'Winter Dreams' by Pinkzebra accompanied by members of our String Ensemble. The Junior Chamber Choir sang 'Jesus, Joy of the Highest Heaven' by Keith and Kristyn Getty and their favourite, 'Carol of the Bells' by Leontovich. Well done to all our groups who gave of their time so willingly and worked to such a high standard.

In 2020 Regent House hosted its very first 'Regent House Young Musician of the Year' competition. The standard was exceptionally high with Izzy Myles (junior winner) and Jack Myles (senior winner) taking the title and James McNinch and Ruben Carver as runners-up. We were excited to audition for the 2022 competition and were so impressed by the wealth of talent. Jonathan Rea, former pupil of Regent House School, and musician, composer and arranger, was our



Gabby Harrison



Rebekah Huddleston



Junior Choir



Hayley Ritchie



Treshon James



Matthew Todd



Daryl McCormick



Holly Montgomery



Betsy Andrews



Leon Fenn

adjudicator. Our junior finalists were Hayley Ritchie (trumpet), Rebekah Huddleston (piano), Treshon James (euphonium), Ethan Lappin (flute) and Betsy Andrews (voice and guitar). Our senior finalists were Gabby Harrison (cello), Holly Montgomery (piano), Daryl McCormick (drum kit), Leon Fenn (electric guitar) and Matthew Todd (trombone). Our audience enjoyed all of the performances and it was a joy to see our young musicians be able to share their talents with a live audience. It was a very close final with only one mark separating our winners. Hayley Ritchie was our junior winner and Holly Montgomery was our senior winner. Both pupils received £100 towards their music tuition. Well done to all our performers on a fantastic evening!



Rock Band

This year we established two new groups in our department. The Junior Rock Group and Senior Rock Group meet every lunchtime and are led by our guitar tutor Mr Donaghy. They have been working on a variety of different songs throughout the year. Our Senior Rock Group played at our concert in March and our Junior Rock Group are looking forward to performing at our concert in the autumn term.

We were so excited to be able to host our Spring Concert this year! In 2020 our concert had to be cancelled just two days before it was due to take place. As things were so unpredictable with the pandemic we were not sure that we would be able to showcase the talents of our musicians at a live



Rock Band



Spring Concert

event. We were delighted when we were given the go-ahead to do so and our groups began preparing. Not only do we have a wealth of talent at Regent but we also have music groups for every kind of musician. Our Spring Concert featured a wide variety of music. The Senior Concert Band kicked off the night with 'Musical Selections from Chicago' and played us out with 'Music from The Incredibles' and 'Soul Bossa Nova'. They rose to the challenge having not played live together in almost two years. We also welcomed a lot of new members to Senior Concert Band who had moved up from our Junior Band. Our Junior Concert Band is where our young musicians develop their skills in playing together. They really captured the audience's attention with their performance of 'Happy' and 'Black Forest Overture'. Our String Orchestra's delighted our audience with 'Variations on a Mozart Theme' 'Pavane', 'Donegal Fiddle', 'Country Dance', 'Scarborough Fair' and 'A Celtic Suite'. Our String Ensemble played the enchanting 'Merry Go-Round of Life'. This committed group of string players meet every Wednesday afternoon and our new members really rose to the occasion.

Our choirs never fail to disappoint. Our Junior Choir performed 'Golden Slumber/Carry that Weight' and were accompanied by our new Senior Rock Group. Our auditioned Junior Chamber Choir performed the beautiful Eva Cassidy arrangement of 'Somewhere Over the Rainbow' and 'The Storm is Passing Over'. Well done to our junior choirs who have shown so much commitment this year and have been determined to be the very best they can be!

Senior Choir captured our audience with the energetic 'Túrót eszik a cigány', the contemplative 'Ubi Caritas' and Fauré's Agnus Dei. It is such a pleasure to work with pupils who enjoy the challenge of this difficult repertoire. Our auditioned Senior Chamber Choir performed their favourite, 'Daemon Irrepat Callidus', as well the beautiful 'Seal Lullaby'. They finished their programme with the fun and fast-paced 'I'm a Train' where the tenors and basses even added in a few actions!

Our Big Band only started rehearsing in January and only had three of their original members! Nonetheless they treated the audience to an impressive performance of 'Superstition' and 'Respect'. We are excited to see what they achieve in the next few years with the addition of our new talented and promising members.



Our Senior Rock Group had their debut at our concert this year and did not disappoint. They performed the iconic 'Sweet Child O' Mine' as well as 'Everybody wants to rule the World' by Tears for Fears.

We were delighted to feature solos from our previous 'Young Musician of the Year' winners, Izzy Myles and Jack Myles. Izzy gave a mature and polished performance of Poulenc's 'Allegro con fuoco' from Sonata for Clarinet and Piano. Jack performed Larsson's Allegro giocoso from Trombone Concertino with poise and control. We wish him well as he goes to study at the Royal Academy of Music. This is an incredible achievement and we look forward to following his progress over the next few years. Our senior 'Young Musician of the Year' winner Holly Montgomery also gave a sensitive performance of Scriabin's Poème Op. 32, No.1.

Regent House Music Department is a busy place with over 200 pupils taking lessons during the week. Our dedicated team of tutors work hard preparing them for their external music exams. This year 35 of our pupils sat their music exams with ABRSM with many of our pupils achieving merits and distinctions.

This year we invited the National Youth Choir of Northern Ireland to run some workshops with our Junior and Senior Choirs. Andrew Nunn worked with our Junior Choir and was very impressed with their musicality and responsiveness. He also was able to work with our Senior Choir on some of their Spring Concert repertoire. We were delighted when many of our junior pupils auditioned for a place in their summer programme. Eleven of our junior pupils were offered a place in the Junior Choir and some of the girls were also offered a place in the Girls' Choir. Evie Hammond, Janya Rajan and Ellen Cowan all took part in their Easter course during the Easter holidays.

With live music back up and running we had the opportunity to take some of our pupils to see the Ulster Orchestra at the Ulster Hall. This was a fantastic evening and our pupils enjoyed listening to Berlioz's 'Symphonie Fantastique' as well as Saint-Saëns Piano Concerto No. 2 and Holmés 'La nuit et l'amour'

Well done to all our musicians on all their achievements this year. Izzy Myles achieved her ATCL in Clarinet performance, Jack Myles won the prestigious Northern Ireland Young Musician of the Year and Oliver Stevenson was selected to compete in the heats of the BBC Radio Ulster School Soloist of the Year. Ellen Cowan (Year 12) and Cameron Muir (Year 14) both gained places in the Ulster Youth Orchestra.

A huge thank you to our music department staff: Mrs Greer, Mrs McMordie and Mrs Mort and to our wonderful team of peripatetic tutors for all their hard work this year!

Heather McIvor - Head of Music



Cameron Muir



Ellen Cowan



National Youth Choir Workshop

The Great Regent Jubilee Bake Off Bake Off - Home Economics June 2022

In May the Home Economics department launched the Great Regent Jubilee Bake Off Competition open to all Year 8, 9, 10 & 11 Home Economics pupils - cupcakes with a twist. It was a combination of the signature, technical and show-stopper challenges all rolled into one! Pupils were asked to submit a recipe for a cupcake which reflected the ethos of the Platinum Jubilee, through the creative use of ingredients, shapes, decorations - the options were endless.

As part of the Platinum Jubilee Education Programme the Jubilee Bake Off project, funded by the EA, is just one of the projects which link directly to the Northern Ireland Curriculum with the potential to enhance teaching and learning opportunities for all pupils. The overarching aim was to allow school communities to come together in a spirit of fun and friendship and boy did this deliver!

Twenty-one finalists were asked to compete in the Bake Off on 21st June to see who would be one of the top eight to visit the Forest-side Cookery school and who would be crowned Regent Jubilee Star Baker.

The standard of baking was very high, and both staff and pupils really got into the spirit of baking, decorating and, most importantly, tasting. Our star guest judge was Rachel Armstrong, past pupil and proprietor of the Guillemot. Two of our staff judges gave a very good impression of Paul Holywood, however, all the staff were very enthusiastic and fair in their comments. We couldn't have done it without you! Thank you also to Miss Byrne for stepping in at the last minute.

In the end our eight finalists were Ingrid Rothwell, Rebecca Evans, Poppy Capes, Harry Spence (Year 8), Amy Taylor, Mealla Lavery, Amber Moore (Year 9) and Emily Trainor (Year 10). These pupils produced an outstanding array of delicious Jubilee treats. All runners-up received a small voucher.

The finalists, along with Mrs Rothwell, Miss McNeilly and myself travelled to the Forest-Side Cookery School on 28th June for a delightful day of baking, under the watchful eye of Chef Jeffers and his team. We made Chocolate Roulade, Red Velvet Cupcakes and Meringue Kisses. A great day was had by all and everyone learned a few tips of the trade along the way. Our judges even got to taste these delights in the afternoon.

On our return our REGENT JUBILEE STAR BAKER was announced. A huge congratulations goes to Amber Moore in Year 9, whose expertise and skill were rewarded when Mr Carville presented her with a Tower Free Standing Food Mixer - very well deserved.

Thank you to everyone who entered. The standard was very high and let's hope to repeat this in future years.

Mrs Majury







Jim Shannon Visit

Year 13 and 14 Government and Politics students were fortunate to receive their first political visit in over two years, due to Covid restrictions, from the MP Jim Shannon. This was an excellent opportunity to ask an MP about their role in Westminster and how they carry out their representative functions on behalf of their constituents.

Students had the chance to pose questions to Mr Shannon, with many related to the course they have been studying. The visit was highly informative and will, undoubtedly, be of future use.

Cameron Muir 14F



Year 8 Politics

For part of their Castles Unit, Year 8 students took part in a competition where they had the option to either make a Minecraft Castle using Minecraft Education or a physical castle. We had a lot of wonderful pieces which were designed according to Norman castles. All students produced great work and it was incredibly difficult to narrow down the top five winners in each class. All showed imagination in their designs, some even creating dungeons with blood and rats! Overall, a brilliant competition amongst our year 8 classes.

K. McCormick



Born2run

In February 2022 Willow Farrington finished the 6 Born2run races and got first in the 5km 11-17 age category. She won a trophy and a free entry for a Born2run event.



Cycling

Jamie Rockett has U13 success in Drogheda, winning two silver awards.



Athletics 2022

CROSS COUNTRY ACHIEVEMENTS:

District Cross Country- Delamont:

The following 10 athletes qualified for Ulster Schools'-

Year 8- Maddie Heasley 12th and Rory Magee 13th
Year 9- Luca Murray 10th
Year 10- Finlay Mayne 2nd / and Clara McKay 13th
Year 11 and 12- Alyssa Boyd 8th, Lauren Taylor 10th and Rudy Mayne 14th
Year 13 and 14- Amelia Tyler 8th and Kyle Thompson 2nd

Ulster Schools' Cross Country- Mallusk:

Kyle Thompson 5th
Amelia Tyler 14th

Irish Schools' Cross Country- Mallusk

Kyle Thompson 12th
Amelia Tyler 47th

TRACK AND FIELD REVIEW

This was the first track and field season in two years due to Covid. It was a memorable season with Regent athletes producing record-breaking performances. Well done!

Districts Schools' Championships-

The **Mini Girls** exceeded all expectations winning gold in 5 out of the 6 events entered:

Isla Henry 1st 100m and 5th Long Jump
Eva Patton 2nd 100m and 1st Shot
Grace Gibson 1st High Jump
Daisy Forbes 1st Long Jump and 5th High Jump
Alexis MacDonald 5th Shot

Emma Gilmore, Isla Henry, Eva Patton and Daisy Forbes stormed to victory to win the relay in a final time of 56.14. The girls had previously ran a 55.42 in the Heats which was a District Record in the relay.

The Mini Girls' Team won overall points with a massive 25 point lead!

Mini Boys

Ewan Donald 1st 100m
Tomas Montgomery 5th 100m
Rory Magee 4th 800m
(Ethan Crozier had previously ran a 2.30.6 in the qualifying stages)
Jack Heron 4th Long Jump
Jack Heron, Ewan Donald, Tomas Montgomery and Josh Parker finished in first place in the relay in a new District and School Record of 53.39. The Mini Boys Team finished 3rd overall.

Minor Girls

Daisy McGuigan 1st 100m and 2nd Long Jump
Heidi Logan 3rd 100m
Mia Leonard 3rd 800m
Gabby Scates 2nd 75m Hurdles
Janna Best 3rd 75m Hurdles
Tali Fekete 4th Shot
Hayley Ritchie 5th Shot

The relay team of Anna McMillan, Daisy McGuigan, Janna Best and Heidi Logan came 1st in a time of 54.94. The girls achieved 1st place in the Minor Girls' overall team points.

Minor Boys

Finn McClean 1st 100m (District Record Time of 12.1) and 1st High Jump (District Record 1.53)
Stephen Kelly 5th 100m and 2nd High Jump
Dylan Robinson 2nd Long Jump and 3rd 75m Hurdles
Josh Bell 2nd 75m Hurdles
Dylan Robinson, Stephen Kelly, Treshon James and Finn McClean won the relay in a time of 51.31.

The Minor Boys finished 1st in the overall team points.

Junior Girls

Megan Foster 6th 100m
Eden Donnan 6th 200m
Laura Scott 5th 1500m
Scarlett Fox 1st 75m Hurdles
Lottie Wilson 2nd 75m Hurdles and 3rd Triple Jump
Zara Steele 3rd High Jump and 5th Long Jump
Lucy Kay 6th Long Jump
Clara McKay 5th Triple Jump
Rebecca Webster 2nd Javelin
Erin Gamble 6th Javelin
Naomi Smyth 2nd Hammer
Emma Plunkett 4th 14.68.
Megan Foster, Zara Steele, Rebecca Webster and Scarlett Fox finished the relay final in 6th place.

The girls came 1st in the overall Junior Girls' Points.

Junior Boys

Mason McCreery 2nd 800m
Finlay Mayne 1st 1500m (New School Record)
Pierce Campbell 3rd 1500m
James Wilson 3rd 80m Hurdles.
Tom Bell 4th Discus and 1st Hammer
Kurtis McFerran 5th Discus
Noah Miskimmin 2nd Hammer
The relay team of Dylan McConnell, Kris Burgess, James Wilson and Mason McCreery finished 6th in the final.

The Junior Boys team were 2nd in the overall team points.

Inter Girls

Mia Allman 2nd 100m and 5th 200m
Lauren Taylor 6th in the 1500m
Sophie Smythe 4th 80m Hurdles
Zara Irvine was 6th 80m Hurdles
Megan Brown 3rd Shot

Inter Boys

Jayden Booth 1st 400m and 1st long jump.
Rudy Mayne 2nd 1500m steeplechase
Sam McClements 4th 800m and 2nd 1500m
Nathan Bell 5th discus and 3rd Shot

Senior Girls

Amy Crossman 4th 100m and 200m
Sophie McGrath 5th 100m and 4th Javelin
Amelia Tyler 3rd 1500m and 3000m
Kirsten Palmer 6th 1500m
Susanna Cotter 4th Long Jump
Holly Bailie 5th Discus and Javelin
Amy Crossman, Susanna Cotter, Connie Magee and Sophie McGrath finished 4th in the relay event.

Senior Boys

Kyle Thompson 1st 5000m (2nd on the School Record list) and 2nd 1500m
Alex Shaw 3rd 110m Hurdles and 400m Hurdles.
Noah Greenald 1st Hammer and 2nd Discus



Athletics Mini Squad



Athletics Minor Squad



Ewan Donald 100m Champion

ULSTER SCHOOLS' CHAMPIONSHIPS- SUMMARY OF MEDAL WINNERS

Minis

Isla Henry 1st 100m
Eva Patton 3rd Shot
Ewan Donald 1st 100m

Minors

Janna Best 1st 75m Hurdles
Gabby Scates 2nd 75m Hurdles
Finn McClean 2nd 100m

Juniors

Scarlett Fox 3rd 75m Hurdles
James Wilson 3rd 80m Hurdles
Naomi Smyth 3rd Hammer
Noah Miskimmin 2nd Hammer
Mason McCreery 3rd 800m

Inters

Rudy Mayne 3rd 1500m Steeplechase
Jayden Booth 3rd 400m and 2nd Long Jump

Seniors

Kyle Thompson 2nd 5000m (School Record) and 2nd 1500m
Alex Shaw 3rd 400m Hurdles

4x100m Relay Results

Mini Girls- 1st (Emma Gilmore, Isla Henry, Eva Patton, Daisy Forbes)

Mini Boys- 1st (Jack Heron, Ewan Donald, Tomas Montgomery, Josh Parker) (School Record and Ulster Schools' Record)

Minor Girls- 1st (Anna McMillan, Daisy McGuigan, Janna Best, Heidi Logan)

Minor Boys- 2nd (Dylan Robinson, Harrison Jameson, Treshon James, Finn McClean) (School Record)



Mini Boys and Girls



Kyle Thompson 1500m and 5000m



Minor Boys 2nd Ulster Schools' Relay



Mini Boys Relay Champs



Mini Girls Ulster Champs 2022



Mini Boys Ulster Champs 2022



Irish Athletes

IRISH SCHOOLS' CHAMPIONSHIPS-

Finn McClean- 3rd 100m
 Janna Best- 5th 75m Hurdles
 Gabby Scates- 6th 75m Hurdles
 Rudy Mayne- 9th 1500m Steeplechase
 Sam McClements- 9th 1500m
 Jayden Booth- 5th Long Jump
 Noah Greenald – 10th Discus

Minor Girls' Relay- 1st (Anna McMillan, Daisy McGuigan, Janna Best, Heidi Logan) (School Record)

Minor Boys' Relay- 4th (Dylan Robinson, Harrison Jameson, Treshon James, Finn McClean) (School Record)

YEAR 8 TEAM EVENT

The Year 8 Boys and Girls both qualified for the Ulster Schools' Team Event at Antrim Forum in June and both came top to take the Gold medal.

Mini Girls' Team- Isla Henry, Holly Scott, Daisy Forbes, Grace Gibson, Eva Patton, Emma Gilmore

Mini Boys' Team- Ewan Donald, Ethan Crozier, Jack Heron, Tomas Montgomery, Calum Megarity, Josh Parker

REPRESENTATIVE HONOURS

Congratulations to Rudy Mayne and Jayden Booth who represented Ulster at the Tailteann Interprovincial in Tullamore.

In addition to the school events summarised above, a number of athletes also excelled in the Club competitions, competing in the NI Club League, Northern Ireland and Ulster Age Group Championships and the Irish Championships. Well done!

Further details of all our pupil achievements can be found on the school website.



Minor Irish Relay Champs



Ulster Inter Pros



Athletics Junior Squad



Intermediate Athletics Squad with Mrs Mitchell-Cram and Mr Busby

CONGRATULATIONS to our Regent Athletes on a FANTASTIC Ulster Schools' Championship!

15 athletes qualified for Irish Schools' Championships on the 4th June and lots of athletes claimed personal best performances. We also won the Mini girls' and Minor girls' overall points awards!

On Friday night Janna Best and Gabby Scates kicked off with the hurdles heats, both claiming spots for the final. Both girls ran personal best performances in the final to claim 1st and 2nd in the 75mH. Janna Best ran 12.44 and Gabby Scates ran 12.97. Both girls have qualified for their first Irish Schools' Championship.

Scarlett Fox and Lottie Wilson both qualified for the final of their 75mH. Scarlett Fox finished an extremely close 3rd in 13.07 and Lottie Wilson was 4th in 13.9, both girls gaining personal bests with every race!

Josh Bell and Dylan Robinson also ran well in their hurdle final. Dylan finished in 4th place with 13.99 and Josh Bell was 6th in 14.43. Both boys have only been training for this event for a few weeks.

James Wilson secured a bronze medal in the Junior boys' hurdle race in a time of 16.49.

Alex Shaw finished 4th in the Senior boys' 110mH.

Amelia Tyler came 7th in the 3000m in 11.55.35.

Rudy Mayne ran a super race to win third place in the IB steeplechase with a new personal best of 5.24.23 and gained qualification for the Irish Schools' Championships.

Kyle Thompson smashed his personal best to win silver in an excellent 5000m, in a time of 15.42.43, which is a School Record.

The Hammer throwers were also on form: Naomi Smyth finished in 3rd place with a new personal best of 29.37. Noah Miskimmin was 2nd in 27.59 and Tom Bell 5th in 23.42. Noah Greenald was 5th in his event with a new personal best as well. Naomi Smyth and Noah Miskimmin have both qualified for the Irish Schools' Championships.

SATURDAY:

The Mini girls started with a bang on Saturday morning in the 100m with both Isla Henry and Eva Patton gaining qualification for the 100m final. Isla later claimed victory in the final with a time of 13.96 and Eva was 6th in a time of 14.49. Grace Gibson cleared a best jump of 1.31 in the Mini girls' high jump to finish 5th. Daisy Forbes jumped a personal best of 4.47 in the long jump to finish 4th, in

an extremely high-quality field of girls, she missed a bronze medal by 2cms. In any other year this would most definitely have earned her a medal! Eva Patton had a busy day of competition and finished in an excellent 3rd place in the shot with a best throw of 7.25.

Emma Gilmore, Isla Henry, Eva Patton and Daisy Forbes won their heat and final of the relay (in 55.6) and I am delighted to report that the Mini girls won the overall trophy in their age group. Brilliant!

In the Mini boys' category Ewan Donald stormed to victory in his heat and final of the 100m, running 13.00 in the final. Jack Heron, Ewan Donald, Tomas Montgomery and Josh Parker won their heat and final of the relay. The boys clocked a time of 52.7 in the heat to break the school and Ulster Schools' relay record. Well done boys. What a fantastic achievement!

Unfortunately, the Mini age group category do not qualify for Irish Schools', so they will have to wait until next year for that opportunity.

Finn McClean had a busy morning with his high jump and 100m falling at the same time. Finn finished 4th in the high jump with a best clearance of 1.49. He ran a strong 100m heat to finish first in 12.42. Finn later competed in the final with the knowledge that it would be a tough battle between him and the athlete from Enniskillen. Finn finished in a tight 2nd place, running 12.32, to the Enniskillen athlete who ran an Ulster Record. Dylan Robinson competed in the long jump. Finn and Dylan were joined by Treshon James and Harrison Jamison to finish second in their heat and final of the relay, being beaten by St Michael's College, Enniskillen. The boys ran 50.28 in the final which is a new School Record and they have qualified for the Irish Schools' Championships.

In the Minor girls' category Daisy McGuigan and Heidi Logan both qualified for the 100m final. This proved to be a tough competition, with Daisy finishing in 6th and Heidi in 8th. Mia Leonard battled hard in the 800m finishing in 8th place in a time of 2.39.66. Daisy McGuigan jumped 4.04 in the long jump, unfortunately she was unable to get her run up approach right on the day.

The relay team of Anna McMillan, Daisy McGuigan, Janna Best and Heidi Logan stormed to victory in their



Senior Athletics Squad

heat and final, with a best time of 54.61 in their heat. This time is very close to the school record and the girls will have another chance to beat it at the Irish Schools' Championships! The Minor girls' group also won the overall points trophy for their age group!

In the Junior section, Mason McCreery battled hard to finish an excellent 3rd place in the 800m in a time of 2.08.66, gaining qualification to the Irish Schools' Championships. Mason also narrowly missed third place in the long Jump with a best jump of 5.25 which is a new personal best. Zara Steele jumped a new personal best in the high jump of 1.40. Rebecca Webster threw 23.15 in the javelin to finish in 5th place and Lottie Wilson jumped 8.45 in the triple jump to finish 7th. Both girls have only been training on these new events for the last few weeks!

In the Inter section, Mia Allman ran 13.7 in the 100m final, finishing in 7th place - she ran a qualifying time of 13.6 in the heats. Mia has demonstrated great courage and determination to continue to compete despite an ongoing knee injury. Megan Brown threw 8.35 and

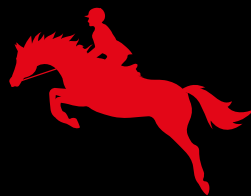
Nathan Bell threw 9.11 in their respective shot finals. Sam McClements ran an impressive 4.32.03 in the 1500m, with a new personal best time, finishing in 6th. Jayden Booth ran 53.21 in the 400m finishing in 3rd place and less than an hour later he won silver in the long jump with a best jump of 6m. Jayden has qualified for Irish Schools' in the long jump.

The senior boys were back in action- Noah Greenald was back for his second event of the competition in the discus and came 6th in a best throw of 28.68. Kyle Thompson was also back for his second endurance race in the 1500m and finished in an impressive 2nd place in a time of 4.08.81. Alex Shaw won a bronze medal in the 400m hurdles in his last race at Ulster Schools'!

It was an extremely busy two days of athletics and I am very proud of all our athletes. I don't think this write up does our athletes justice in any way. They were FAB!

R Mitchell- Cram

Equestrian Team



Football goes from strength to strength

The Regent House Football Club continued to go from strength to strength with another encouraging season.

Picking up from where they left off in 2020, the U18 team were confirmed as the Grammar School League champions for 2021/22 after a victory over old foes R.B.A.I. at Londonderry Park.

The GSL is a Wednesday afternoon invitational league which contains eight grammar schools from the Greater Belfast area, and is separate from the Northern Ireland and Belfast Cup competitions, in which Regent House also compete.

Victories over Bangor Grammar, Grosvenor Grammar, Campbell College, Belfast High School, Belfast Royal Academy and the Royal Belfast Academical Institution alongside a solitary draw with Methodist College, meant that our boys remained unbeaten throughout the campaign and lifted the title for the 2nd time in four years.

This brings the recent overall trophy haul to an impressive five, when you add in the three Northern Ireland Plate titles Regent have achieved since 2018.

Captain Kelvin Brownlee was delighted to lift the Shield and saw it as a fitting end to his Regent football career, after the disappointment of losing in the quarter-final of the U18 Belfast Cup, 3-2 to Rathmore Grammar.

After reaching the (not played) semi-final in 2020, and having gone unbeaten throughout the group stages of this year's competition, confidence was high going into the game.

However, it was not to be and our focus is already on next season, and how the Regent boys can go to the next level of their development, by achieving the major Cup success

that has recently alluded them.

The U16 team, captained by Callan Farley, also performed admirably this season, reaching the semi-final of the Northern Ireland Plate. Keen to retain the trophy they won in 2019 when it was last awarded, Regent accounted for Lagan College 5-0 in the round of 16 and St Colms 6-1 in the quarter-final before a semi-final against Rathmore Grammar. Regent raced to a 2-0 goal lead before the match was abandoned due a serious injury to Year 11 star Cameron Kelly.

Despite also leading the replayed game at Seaview Stadium 2-0, Regent eventually lost 5-4 on penalties when the game finished 2-2 after extra time. The boys were naturally disappointed but are determined to learn from this experience and take it into next season.

This year Regent House F.C. also embarked on a successful tour to St Mirren F.C. in Glasgow. Thirty six boys and three members of staff enjoyed training sessions with the St Mirren Academy, talks by St Mirren's manager Stephen Robinson and club legend Tony Fitzpatrick, stadium tours of St Mirren and Ibrox. They also attended the St Mirren v Rangers SPL game. Additionally, the boys played three games against local opposition, the highlight of which was the U16 team drawing 3-3 with the Scottish National U15 team. This was probably the game of the entire Regent season.

With promising talent coming up through the ranks to U16 level and a strong 6th form panel, which will see both a 1st and 2nd XI team competing for trophies next school year, the future is undoubtedly bright for the football boys in red and black!

Paul Fitzsimons



U18 Football Squad with Mr Fitzsimons



U16 Football Squad

Hockey



1st XI Girls' Hockey Squad with Miss Benson

1ST XI GIRLS' HOCKEY

We were really excited and enthusiastic about the 2021/22 season after missing all of last year due to Covid-19. Due to this, the 1st XI was a relatively new squad with only two girls having played in the squad previously. However, we quickly settled and bonded as a team. We started off the season with a 5-0 win against Glenlola which set the scene with a streak of wins which gave us confidence coming up to the Schools' Cup.

Our first Schools' Cup match was against Hunterhouse College which we convincingly won 9-0, showing that we were strong contenders for the cup this year. For the next few matches we had another run of impressive wins, giving us confidence going into the next round against Belfast High. Both teams started out nervously, but we proved the stronger team maintaining the score 2-1 despite Belfast High pressurising us in the second half. This win secured our place in the Schools' Cup quarter-final for the first time in recent years. We drew Methody and, although we knew they were a strong side, we prepared as much as possible so we could play our best hockey. The match was played at Londonderry Park with a good crowd of supporters but unfortunately it didn't go our way on the day. Methody, the eventual All Ireland Winners, quickly went a few goals ahead but we fought to the end and scored a well-rehearsed penalty corner which reflected all our hard work throughout the season. Every player and coach gave 100% and our unexpected success in the Cup was a testament to their dedication.

Finally, on behalf of the team I would like to say thank you to Miss Benson for all of the time and effort she invested in our

team on top of all the training she had to do herself for her Irish indoor representation- a true role model for us all. Also, a big thank you to Mrs Taylor for her constant optimism and belief every Saturday and for all her efforts in helping us to prepare for our Schools' Cup quarter-final. Thanks also goes to Josh Gilmore for his extra support. And last but not least, I want to thank the incredible girls I have had the privilege of playing with throughout the years. Our friendship and teamwork were unbeaten throughout the season.

Good luck next season!

Maddy Bell (Captain)

2B XI GIRLS' HOCKEY

The 2B XI saw a number of wins, draws and losses over the season. We played a total of fifteen matches, with the top goal scorer being Megan Patterson, closely followed by Bekah Brett. Megan Patterson was also named player of the match in four games, therefore voted player of the season. Sophie Hogg, Hollie McGuigan, Sofia Wilcock and Emma Carson were all named player of the match on two occasions.

Some of the most memorable matches for the 2B XI were against Lagan College, which ended with a favourable result of 4-0, and against Bloomfield Collegiate, which resulted in a 3-0 win. The team consists of players in years 11-14, the majority will be returning next season. However, unfortunately, we say goodbye to Rachel Huddleston and Ciara Gamble - we wish them the best in the future. The team has worked very hard and gelled together. I look forward to success next season.

Hannah McDonald



2A's Girls' Hockey Squad



2B's Girls' Hockey Squad



Girls' Hockey 3rd XI



U14A Girls' Hockey Squad



U14B Girls' Hockey Squad

U14 HOCKEY REVIEW 2022

The Year 10 age group demonstrated an excellent commitment to hockey throughout the season and trained exceptionally well each session. They listened well to the coaching staff and always gave 100% effort. This was a tricky year negotiating team selection each week in around the spikes in the Covid numbers. Thankfully we had the depth in the squad to cover positions each week.

The U14A squad got knocked out of the Cup in the second round against Rainey, losing 2-0, after holding a strong Rainey team to 0-0 at half time. The girls battled hard and represented their school with pride. The U14A team lost 1-0 to Sullivan in the Plate in February. The girls played extraordinarily well despite having some key players missing from the squad, allowing Janna Best and Gabby Scates from Year 9 to step up into the squad. Jessie Patton received player of the match. One of the best squad performances for the U14A team was against Grosvenor, winning 4-1. Top goal scorer for the A team was Megan Shaw.

The U14 B team had a good season and really progressed and developed their skills. They scored some excellent goals and had their best matches against Larne Grammar and Lagan College, winning both games 4-0. Top goal scorer was Chloe Spence.

The Mrs Mac Shield was awarded to Rebecca Webster. Rebecca demonstrated excellent conduct on and off the pitch, and always led by example. Rebecca showed great commitment to training, always working hard and made excellent progress in her new role as a right back.

The most improved player was awarded to Jessie Patton and Megan Shaw. Both girls trained to the highest standard in each session, work tirelessly on the pitch in all matches and showed excellent progress throughout the season.

Well done to all the U14 hockey players and I wish them every success in the Senior teams next year.

Mrs Mitchell-Cram



Alyssa Boyd U16 Ulster Hockey



U13A Girls' Hockey Squad



U13B Girls' Hockey Squad



Yr 8 Girls' Hockey Squad

1ST XI BOYS' HOCKEY

The season got off to a delayed start due to three of the squad (Robbie Davidson, Matthew McKibbin and Jamie Spratt) helping the Ulster U18 squad win the UK Schools' Games tournament.

Shortly after their return and before much time to settle in, Regent were thrust into their first Irish Schools' finals qualifying game, away to RBAI. Sadly, this came a little too early in the season and a slow start saw them 4-1 down very early in the match. A valiant effort from the squad saw a resurgence in the second half but it was to prove too little too late as RBAI were able to hold out, winning the game 5-3. In a competition where going unbeaten is a must to qualify, this served as a sucker punch early in the campaign. The 1st XI concluded the qualifying process by defeating local rivals Bangor Grammar 2-1, with our goals coming from Robbie Davidson and Matthew Bruce.

Sadly, the McCullough Cup campaign followed in a similar vein and the break in school hockey due to the COVID-19 pandemic undoubtedly played a major role in the tumultuous start to the season. In their first game, despite a greatly improved performance, the 1st XI could only muster a 1-1 draw with RBAI (goal from Robbie Davidson). Unfortunately losing to Sullivan and Banbridge Academy in their next two matches meant that they could not qualify for the semi-final stages of the competition.

However, a free weekend, due to the format of the competition, allowed the opportunity to take stock and refocus minds with a "friendly" against Campbell College. The 1st XI emerged from this game victorious with goals coming from Scott Graham, Andrew Welsh and a late winner from Ben Wray. Full time score 3-2 in Regent's favour. This served as a catalyst for the season and what followed was in stark contrast to how the season began.

The next game was a comprehensive 10 - 1 victory against Grosvenor (Jamie Spratt x 3, Robbie Davidson x 3, Ben Wray x 2 and Jack Myles x2) in the last McCullough Cup group game. Despite this impressive scoreline, the result

could not be fully celebrated as Ben Wray suffered a nasty facial injury that would sideline him for most of the season.

Following this, the 1st XI played a number of friendlies drawing 3-3 with Friends' School Lisburn, beating Methodist College 3-1 and then beating Friends' School 3-1 in a rematch with goals coming from Jamie Spratt, Robbie Davidson and Guy McGonigle.

This was perfect preparation for the beginning of the Burney Cup Campaign. The 1st XI's first opponents were a very confident Methodist College side. Our sideline was bolstered by the return of Ben Wray and whilst he was in uniform rather than playing kit, his fervent encouragement definitely helped to spur the boys on. The 1st XI stormed emphatically to victory defeating Methody 7-2 and progressed to the quarter-finals much to the delight of the large crowd who turned out to watch. The 1st XI's goals were scored by Robbie Davidson x 2, Jack Myles x 2, Scott Graham, Zach Balfour and Jamie Spratt.

The quarter-final opponents were confirmed as Sullivan Upper and this gave the perfect chance to seek revenge after the loss in the McCullough Cup. The game earlier in the season had been disputatious and the rematch was nothing short of a gladiatorial contest. Regent were missing the formidable presence of Adam Boyd in goals after he suffered a fractured eye socket in an off-field incident but Alex Montgomery stepped into the breach and donned his pads, having only returned from a fractured collar bone on the week of the quarter-final. Who would be a keeper!

The heavens opened and the weather was apt for the battle that was about to unfold. Both teams were unyielding in their desire to win and showed that they were both willing to give every last ounce of effort for their respective schools.

Sullivan Upper were undoubtedly a very talented side who glided forward with skilful forays. However, these were met with dogged determination from the Regent House defence. In particular, Andrew Welsh's performance left many watching questioning how he has not made a



1st XI Boys' hockey Squad

representative panel. Matthew McKibbin marshalled his defensive line expertly and was able to push forward and assist in counter attacks due to the strong and composed platform, created by his centre back partner Zach Balfour and wing backs Rhys Barratt and Harry Crawford. The sheer grit, hard work and determination of the 1st XI was clear for all to see. Scott Graham opened the scoring before Sullivan equalised from a penalty corner. The game was perfectly poised and the tension was palpable- it could have gone either way.

However, Regent were not going to leave it to chance. Guy McGonigle, Jack Myles, Kyle Frazer and Ben Wray continued to hound Sullivan in waves when they were on the ball and when this was coupled with Jamie Spratt's unrelenting efforts in midfield, Robbie Davidson was presented with an opportunity. He did not require a second invitation. Davidson rifled home a reverse strike before wheeling away towards the corner with his arms aloft.

Full time score 2-1 to Regent House. Once again the crowd, who had braved the elements, left elated and unquestionably entertained by the quality of hockey played by both teams.

Semi-final time: Regent were drawn against Friends' School Lisburn (FSL), a familiar opponent from the friendly matches played earlier in the year. The game was played at Lisnagarvey Hockey Club and a large travelling support came to watch. In the fashion that had become familiar by this stage of the season, this game saw nothing short of a gargantuan effort put in by the Regent House side. FSL opened the scoring with a first time finish from an overhead that caught everyone by surprise. Guy McGonigle responded with Regent's equaliser before Jamie Spratt put Regent into the lead with a goal from the baseline just

before half-time. However, FSL were in the ascendancy and scored in the third quarter. As the game progressed both teams had players strewn across the pitch suffering from cramp. Amongst the regular stoppages for cramp, FSL managed to score a winner with only 3 minutes left on the clock and end Regent House's Cup run. Ultimately a cruel end to a fantastic Cup run for the 1st XI.

The 1st XI should be immensely proud of their hard work, development and efforts this season especially in turning a difficult beginning to the season into a fantastic run of unbeaten results. They played high quality and entertaining hockey throughout the year and it was quite clear to see that they gave everything they had for each other.

Andrew McKibbin

Thank you to the coaching team of Mr Cross, Andrew McKibbin and Chris McSherry for all of their efforts and hard work in coaching us throughout this year. A big thank you also has to go to Mr Robb for his efforts in organising and assisting throughout this season. I'd also like to thank Mr Robb and Peter McKibbin for all their efforts coaching our team throughout junior school which was filled with highlights including our tour to Scotland in Third year. Thank you also to Burch Autos for their continuing sponsorship of our 1st XI. Finally, a massive thank you to my teammates for making the last 7 years such an enjoyable experience #VLRHS.

Matthew McKibbin 1st XI Captain





2nd XI Boys' Hockey Squad



Yr 10 Boys' Hockey Squad with Mr Robb, Mr Cross and Josh Gilmore.





Jamie Spratt U18 Hockey Honours



Matthew McKibbin U19 Hockey Honours



Yr 10 Boys' Hockey Squad with Mr Robb and Mr Cross





Netball

Regent House Netball, like most other school sports teams, had an interesting year! With Covid finally giving us a bit more freedom, the multiple teams were at last able to travel to other schools to play matches, as well as host some schools here.

Our Senior Team went undefeated; scoring home wins against Banbridge Academy (19-9) and St Columbanus (63-0!), an away draw with Glenlola (24-24), and finishing their season with an away win against Strathearn (22-9), earning some celebratory ice lollies for a job well done! At the time of going to press, Netball NI had decided there would be no finals played for Senior league, and they were collating scores and comparing goal difference to see whether we place 1st or 2nd in the Senior league.

Our Intermediate A team lost away to Glenlola and at home to Strathearn. Our Inter Bs lost to Sullivan away but beat Bloomfield (25-0) and Strathearn (22-15), both away. Our Inters and Juniors suffered postponements and finally cancellations to play Lagan College.

Our Juniors lost to BRA at home, and we forfeited matches against Rockport and Aquinas. We beat Banbridge Academy at home (11-2) and Assumption Grammar away in Ballynahinch (11-9). Our girls marvelled at the speed at which water was dispensed from the water fountains at Assumption! I just know there are brighter things to come for this team. Two of its players, Molly Mullin and Katie Martin were selected to play for the Netball NI U15 Belfast Academy Squad for 2022, an excellent achievement!

Minor A lost to Glenlola and Rockport away, and to Strathearn at home. They were winners against St Columbanus (11-5) and Ballyclare High School (7-6), with both matches played here at Regent. Sadly, the Minor A Team did not qualify for finals. Minor B, however, made it to finals, and played on Thursday 12th May at Lisburn Racquets Club. Having beat Down High and Shimna College at home (15-5) and losing to Banbridge Academy at home, it was Banbridge Academy who beat us at finals to come top of the Minor B league, with Regent House coming an admirable second place.

Whilst it is great that our Minor B team came home with silver medals, for me, the biggest reward has been seeing the friendships made and the confidence built amongst all our dedicated players.

We bid farewell to two of our star players, Hannah Gorman and Megan Hunter as they come to the end of their educational career at Regent House. Let's hope their future university teams have good Netball teams! I would like to give special recognition to Hannah for her help in organising training, House Games and keeping me right with the logistics of our matches! Sophie Smythe, Year 12, has also been an invaluable member of the Senior team, stepping up to coach and even umpire some matches as required.

Each and every girl who comes to training should be so proud of herself and I would be delighted to see the club grow in size, success and confidence next year.

Mrs McMahan





NetballNI **SCHOOLS FINALS 2022 RESULTS**

League	Winners	Runners Up
Junior B Area 2	Lagan College	Bloomfield
Minor A Area 1	OLSPK	Aquinas
Minor A Area 2	Glenlola	Strathearn
Minor A Area 3	St Ronan's A	Banbridge Academy
Minor A Area 4	St Dominic's	Friends
Junior A Area 2	Strathearn	Glenlola

League	Winners	Runners Up
Minor B Area 4	OLSPK B	Aquinas
Junior B Area 3	Our Lady's, Newry	St Pau's, Bessbrook
Minor B Area 3	Our Lady's, Newry	Sacred Heart, Newry B
Minor B Area 1	Belfast Royal Academy B	Lagan College B
Minor B Area 5	Banbridge Academy	Regent House
Minor B Area 6	St Ronan's	Fivemiletown College





Senior Netball Team with Mrs McMahon



Intermediate Netball Squad



Yr 10 Netball Squad



Yr 10 Netball



Yr 9 Netball Squad



Yr 9 Netball



Yr 8 Netball



Molly Mullin and Katie Martin Netball Honours

Rugby



1st XV Rugby Squad



2nd XV Rugby Squad

REGENT U16S CUP FINAL SUCCESS.

The U16s competition was inaugurated because of the players that missed the Medallion Shield due to Covid. Regent had high expectations in this competition and started with comprehensive wins over Belfast High School and Grosvenor. In the semi-final, in poor conditions,

Regent edged passed a strong Foyle Grammar side to set up a final clash away to Limavady. Regent controlled much of the match and had a try controversially disallowed, the match ended 10-10 and Regent and Limavady U16s shared the cup.

Matt McBride (Captain)



Noah Greenald U20 Ulster Rugby Squad

beat our rivals Enniskillen. We were on our way now to play one of the toughest games we would surely face this season, the quarter-finals against Ballymena. It was a battle, and in a battle only one may come out on top. Unfortunately, Ballymena were the ones to do it, barely winning by 3 points, on one of the most horrible of days, with a hurricane blowing up the middle of the pitch. Nevertheless, it was a great game and both teams showed outstanding character and ability.

I'd like to put in a few words for the B squad who were remarkable this year, beating teams like Campbell College and Belfast Royal Academy. Without them, I don't know if we would have done as well as we did. Every training session and every game saw boys fighting just as hard, if not harder, than the A's. I can safely say that they drove us to keep working harder and to keep producing every week, so a big thank you to all those boys.

It has been a great season and I couldn't have wished for a better team to have shared it with. Every single player worked constantly, week in and week out, never giving up. However, this would not have been possible without the tremendous work from our coaches: Mr Thompson, Dee, and Mr McGonigle. We even had help from previous Regent House 1st XV player Ross Copeland and, of course, for our games coaches, Mr Gamble and Mervyn Tweed who never let us rest. Lastly one special mention and thank you to all the supporters. Thank you to the parents who were at every match, washed every kit and gave lifts when needed.

This is a season of rugby that we will never forget. I know some day, when we are old and grey, we will look back with fond memories and remember the great times we shared together. I want to wish the boys all the luck in the world as we move up to senior rugby, where I know every single one of them has what it takes to compete and win. It has been an honour and a privilege to captain such a great squad and I couldn't be prouder to say that I'm part of the team.

Nathan Weir

MEDALLIONS

This has been a season of ups and downs, but one to remember.

We began with a rocky start, a few losses and injuries had us struggling. However, the team never gave up and with the help from our coaches we really started to come together, just in time for our first game of the Shield.

We were proud to host Our lady and St Patrick's College, where we came away with a well fought win. This didn't get to our heads as we continued to train hard and play even harder, beating Craigavon and then going on to



Medallion A Rugby Squad with Mr McGonigle and Mr Thompson



Medallion B Rugby Squad



YEAR 10 RUGBY REPORT

Our squad had a slow start to the season as we had missed the most of a year of rugby, but the boys were able to unite and work hard as a team. At the beginning of the season injuries and Covid isolation made it difficult for our whole squad to get out to train and play fixtures every week. Throughout the season it was clear that our confidence and skills improved. We started to put more effort into our game and started to compete with other teams.

Some of our team's best performances were away fixtures against Rainey Endowed and Bangor Grammar, recording victories in both games. We also started to have tight, close scoring games with teams we never thought we would be able to compete with, including two very narrow losses to Royal School Armagh and Sullivan Upper. A massive thanks to Gary Dempsey and Mr Vance for the time they devoted to our team to help us improve as players and individuals.

Lewis Robinson and Noah Miskimmin



Yr 10 Rugby Squad with Mr Vance

YEAR 9 HURRICANES RUGBY

The Hurricanes had a good season winning around 17 games, drawing 2 and losing 11. Overall, it was a wonderful year for the Hurricanes, with plenty of players displaying talent and working hard. At times, the Tornados provided a few players to prove that the year nine squad had plenty of depth and there would be competition for places on the Hurricanes next season.

There were a few games where we came away from feeling annoyed and disappointed. We dusted ourselves off and learned from the mistakes and became a better team.

We had some very good moments.

For example, starting off our season with a win against our big rivals, Bangor Grammar School. We also proceeded to beat them in the next match, later in the season.

Our first 15-aside match was against Coleraine. In this game, we learned the hard way that it was going to be a challenge to keep up. A tough run out but we still scored a few good tries and again learned from the disappointment.

Then there was the game that everyone was looking forward to. Our game against Campbell College, at Campbell. This was a memorable game that we were

leading until the last moments. A loss of possession gave Campbell an opportunity and they scored a breakaway try in the last play of the game to snatch the victory.

Another terrific achievement was beating a Year 10 team at Clounagh.

Another memorable game was the game against Grosvenor. This was our first game on the school pitch. It was a close game that we managed to bring back in the end for a 23-22 victory.

At the end of the season, Year 9 players enjoyed a competitive series of games in the inter house matches. This provided us with the chance to tackle and challenge some of our own teammates.

Lastly was the school rugby club dinner that all year groups and teams got to attend.

For the Hurricanes, Treshon James picked up player of the year. He will have a few of the boys chasing him for that award next year!

Dylan Robinson and Harry Montgomery



Yr 9 Rugby Squad with Mr Gamble and Mervin Tweed.

YEAR 9 RUGBY TORNADOES

This season the Tornadoes have shown what excellence they can put onto a rugby pitch by playing so well! There have been many ups and downs throughout the season, such as winning many games or losing games we felt like we should have won. The team didn't let these losses get to them and proved in the next games how they can come back and redeem themselves.

A game I would like to mention was against Clounagh. In this match we started off by scoring an excellent try but then before half-time Clounagh scored two tries against us putting them in the lead. We were quite disappointed on how we had let them score these so easily. With our captain Harry Montgomery giving us all a motivational

talk during half time he put us back in the mood to go back onto that pitch and show how good we really are as a team. We fought back with true brilliance and scored four tries in the second half making us win the game. I feel like the Tornadoes have shown how they won't let a team step all over them and, no matter what, always put up a fight to win. This season has made the Tornadoes stronger and realise our faults with the help of our coaches Mr Tweed and Mr Gamble - they never fail to put us back on track. We will be back next year, better than ever!

Philip Steele



Yr 8 Boys' Rugby Squad with Mr Lowry, Mr Busby and Mr Conway

What a great year it has been for Year 8 rugby! From the start of the year there has been a positive attitude displayed by all boys and in return we have seen a vast improvement on every level.

Over the year there has been great resilience displayed on the pitch. As a team we have hosted and travelled to many rival schools to play matches. Despite winning or losing the effort on the pitch has been sensational to watch. This is all thanks to the support and commitment from our coaching team Mr Busby, Mr Lowry and Mr Conway.

The highlight of the year was the Annual Rugby Club dinner held 7th April. This was a great opportunity to come together and celebrate our achievements this season. Merit awards were presented to Callum Megarity and Matthew Wilson, whilst Jamie Angus and Alfie Collins picked up the most improved players of the year award. Finally, player of the year was awarded to team captain Joey Carson.

So lads let's keep the momentum going, carry forward our skills to next season and continue to improve together whilst encouraging new players to join the journey. Let's get everyone out to rugby on a Saturday.

Joey Carson Year 8

Regent House Swimmers make a Splash!

Over the weekend from 24th to 26th February 2022, four brave swimmers from Regent House School participated in Swim Ireland's Dave McCullagh International Swimming Championships at Aurora Aquatic Leisure Complex in Bangor, Co. Down. This highly prestigious gala annually attracts top level Olympic athletes from both GB and Ireland! This year's gala proved to be no exception, with swimmers from Regent House having the opportunity to potentially swim alongside 2021 Olympians: Tom Dean, Duncan Scott and Freya Anderson, to name but a few.

Competing against swimmers of all ages, and from all corners of the British Isles, our Regent House swimmers: Kiera Aiken, Naeve Courtney, Adam Barnes & Benji Cummings, not only notched up a plethora of personal best times but secured a selection of medals. Ulster Junior Record Times and assisted their club in securing the Dave McCullagh Trophy for Best Club in Ireland, this being awarded to our local swimming club, Ards A.S.C.

Day 1 got off to an impressive start with

Kiera Aiken

B final woman's 400m IM, ranked 1st

Naeve Pountney

Woman's 4X200 freestyle relay Bronze medal
50m Backstroke, ranked 25th.

Adam Barnes

B final men's 50 back - 5th
Men's 4X100 medley relay
Ulster Junior Record and Silver medal

Benji Cummings

100m breaststroke, ranked 26th

Day 2

Kiera Aiken

B final woman's 200 breast, ranked 7th

Naeve Pountney

100m Backstroke, ranked 38th

Adam Barnes

Men's 4x100 freestyle relay Ulster Junior Record and Bronze medal
100m backstroke, ranked 32nd

Benji Cummings

100m breaststroke, ranked 26th



Zach Moyo Swimming Zambia International

Day 3

Kiera Aiken

B final woman's 200 IM, ranked 3rd

Naeve Pountney

Unfortunately illness forced Naeve to withdraw.

Adam Barnes

200m Backstroke, ranked 29th

Benji Cummings

50m Breaststroke, ranked 27th
200m IM, ranked 47th



Swimming Squad





REGENT HOUSE: LET'S DANCE!

RECORD RESULTS:

- N.I. Junior Acro Champ - Hollie Aiken
- N.I. Junior Pair Hip Hop Champs - Brooke Brown & Zara Gilmore
- N.I. Junior Creative Movement Dance Team - Light
- N.I. Junior Hip Hop Team - Guess who's back in the house?
- N.I. Senior Acro Champ - Rebekah Monahan
- N.I. Senior Trio Dance Champs - Beth Connery, Charlotte Hanna & Emily Jueno
- N.I. Senior Creative Movement Dance Team - Grey's
- Hollie Aiken (Yr 8) - Minor Ulster Champion 1st place Acro Solo and Overall Highest Scoring Minor Solo
- Maria Napier (Yr10) - Junior Ulster Champion joint 1st place Lyrical Solo and Overall Highest Scoring Junior Solo
- Allie Thompson (Yr 10) - Junior Ulster Champion 1st place Modern Solo
- Zoe Willis & Gabby Scates - Junior Ulster Champions 1st place Modern Duet
- Brooke Brown & Zara Gilmore - Junior Ulster Champions 1st place Hip Hop Duet and Overall Highest scoring Junior Duet
- Light - Junior Ulster Lyrical Group Champions
- 'Guess Who's Back In The House?' - Junior Ulster Hip Hop Team Champions
- Circus - Junior Modern Group - 3rd place
- Katherine Todd (yr 9) - Ulster's Schools Junior Improv Winner
- Sophie McPeake & Bethanie Hamilton - 3rd place Lyrical Duet
- Nicole Graham & Nicole Donkin - 2nd place Lyrical Duet
- Carysa Comfort & Kayleigh Scott - 3rd place Modern Duet
- Allie Thompson & Kerri Walsh - 2nd place Modern Duet
- Beth Connery & Charlotte Hanna - 3rd place Modern Duet
- Rudi Hawkins & Atlanta Greer - 2nd place Modern Duet
- Sophie McPeake & Charlotte Hanna - 3rd place Lyrical Duet
- Beth Connery & Charlotte Hanna and Rudi Hawkins & Atlanta Greer tied for 2nd place Lyrical Duet
- Beth Connery, Charlotte Hanna & Rudi Hawkins - Senior Ulster's Trio Champions 1st place (modern), Highest Scoring Senior Trio and Highest Overall Trio
- Greys - Senior Lyrical Group 2nd place
- Azonto - Senior Modern Group 3rd place





Gabby

The start of my amazing Dance Team journey began with the nerve-wracking auditions in September, and they were crazy! There were so many talented dancers who had all turned up hoping for a place in one of the group dances.

There are three junior dance teams: modern, lyrical and hip hop. I remember feeling unbelievably nervous and then so relieved and delighted when Mrs Moore called out my name to join the lyrical team.

The junior team dances are choreographed by 6th form pupils. Beth and Emily choreographed the amazing 'Circus' routine for the modern team, Charlotte choreographed the beautiful 'Light' lyrical routine and Eve choreographed the brilliant 'Guess who's back in the house' routine for the hip hop team.

We would rehearse every Wednesday from 3.20 until 4.45pm, although there was always so much to get through and the time passed so quickly that we usually ran late and rarely finished on time!

Altogether there are forty eight members on the Junior and Senior dance teams combined. Mrs Moore and Mrs Calvert are the two amazing and dedicated teachers who made it possible for us to represent Regent House at the NICMAC and Ulster's competitions.

To help raise funds to enter the competitions and purchase costumes, we ran a tuck shop in school one day during lunch and break-time. The fund-raising effort was so successful that we sold everything! We also held a bucket collection at a local Tesco store.

The excitement within the team started to grow as we got closer to the two competitions. NICMAC was held on 11th March at Lisburn Leisureplex. We had a very early start and had to meet at school at 06.55 to get the bus to the venue. There was such a buzz of excitement on the bus

journey while we got to listen to music and talk to our friends. I experienced all this again a few weeks later on April 8th when we went to the Ulster Fitness and Dance Championships at the Eikon Centre. This time Mrs Moore and Mrs Calvert even braided our hair on the coach en route!

Taking part in the competitions was magical and thrilling. Whenever I saw everyone in the audience, I couldn't help feeling a little scared but then standing ready to go on, I felt excited. I just had so much fun performing the beautiful routine that we had worked so hard perfecting. We all had fabulous costumes and the rest of the RHS team were cheering for us as we competed. It was awesome. We didn't only have group dances, there were also some solos and duets. Hollie did an outstanding acrobatic solo which won her two very well-deserved gold medals – she is so bendy and flexible it's crazy! Beth, Carysa, Kayleigh and Emily choreographed a modern duet for Gabby and Zoe called 'Warrior'. It was fantastic! Maria, Allie, Zara and Brooke choreographed their own amazing routines and danced beautifully. All these girls won gold medals. Katherine added to the accumulation of awards by winning the Improv Competition too. When our other groups, solos and duets were competing, I cheered so loudly with my friends that my voice was hoarse by the end of it.

This year our amazingly talented dance teams won a grand total of 83 gold medals, 50 silver medals, 51 bronze medals, 12 trophies, 9 Ulster Championship Titles and 7 Northern Ireland Titles. It was amazing to be part of our fantastic dance team. We have so many talented, elegant, beautiful dancers in Regent House, and I was so proud to be able to wear one of the red dance team hoodies.

Wednesday has definitely been my favourite day of the week because of the Dance Team!

Victoria Hagan (Year 8)



Hannah



School Dance Captains

Our Senior girls have been training hard since September, some worked entirely on their own choreography while others worked together on duets. The official practice day is Tuesday after school, but the girls practice most days during lunch, after school and during their school holidays; this is evident when you read their successes below.

Now for a major thank you...

We have had local dance teacher Hannah McKillen giving up what little free time she has to help with senior groups.

Our school Caretakers for always making room for us to rehearse. Tesco Community Champion, Campbell Keatings, for making our bucket collection possible.

Our amazing Dance Captains Beth Connery, Charlotte Hanna, Emily Jueno and Eve McClements deserve the highest praise possible for all the time and effort they give to our Juniors.

The parents who we bombard with notes and make pick-ups late and drop-offs early!

How could we not mention our amazing team, we are so proud of all you have achieved and finally Mr Clark, our school technician, who very kindly gave up his time constructing and painting our fabulous circus prop.

Mrs Moore & Mrs Calvert



Beth Connery and Emily Jueno Dance Honours



Hip Hop Champions



Brooke & Zara



Maria



Hollie



NI Lyrical Champions



maria performing



Atlanta & Rudi



Maria performing



Showtime



Allie



Girl on Fire



Circus



Guess who's back in the house



NICMAC Early start



Katherine Todd



Hip Hop



NI Champions



Team



Rudi, Charlotte & Beth



Circus



Circus



Circus



Circus



Preschool

RHS Preschool pupils have had a great first introduction to school. They have had lots of fun making new friends, learning through play, and sharing many memorable experiences. The Butterflies and the Ladybirds love Preschool!

At the beginning of the year, the children made displays to welcome everyone to our classrooms; the Butterfly class learned about symmetry as they painted butterflies and the Ladybird class explored printing in a new way as they made potato-print ladybirds. Our very first topic was 'All About Me' and the children created handprints that show us how much they have grown.

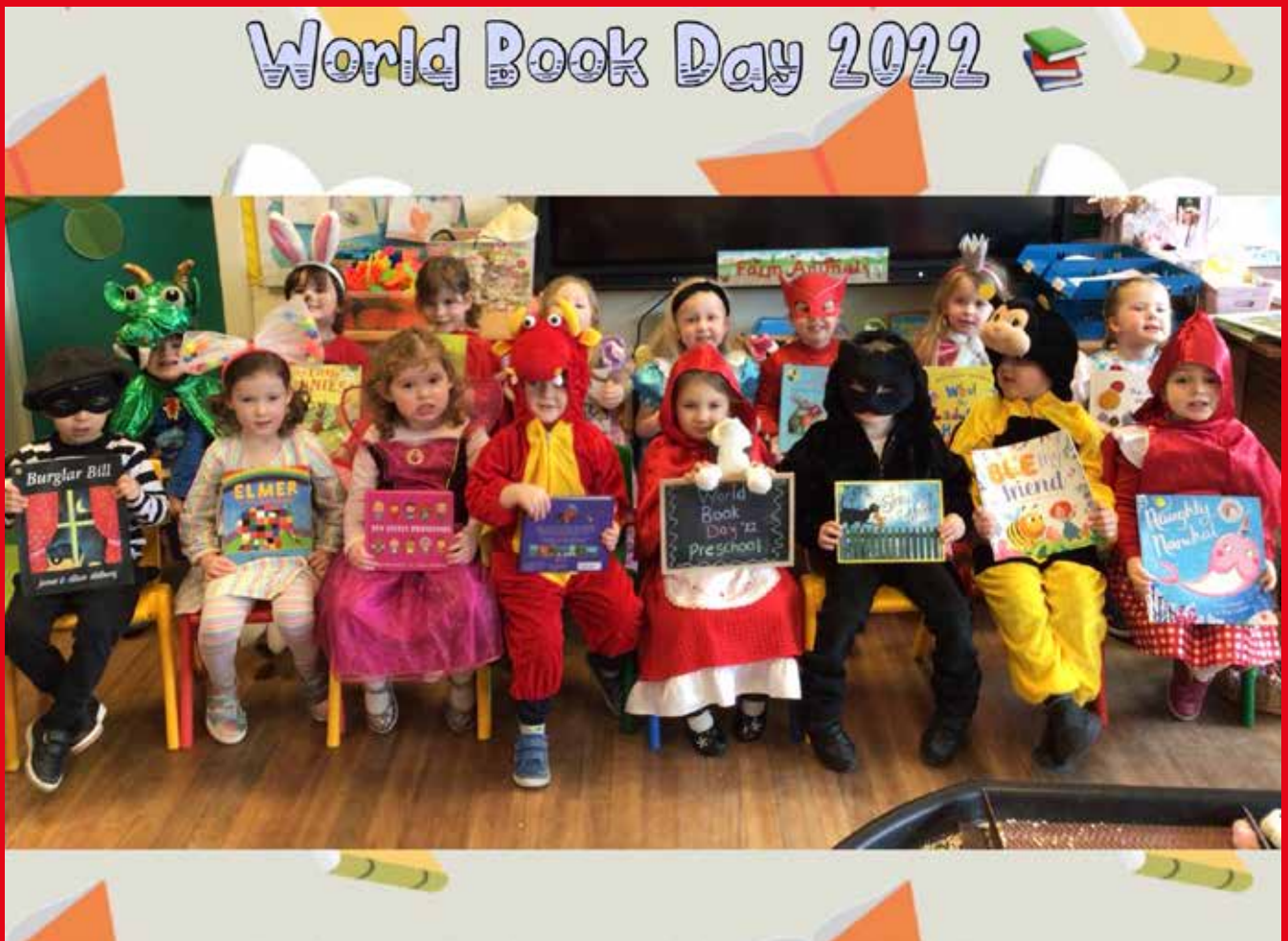
In October, we had a 'Pre-GHOUL' Pumpkin Party, and this was the children's first experience of coming to school in a costume – we met dragons, superheroes, princesses, and even a pumpkin or two. The teachers dressed up too!

During our Wild Animals topic, we had a special visit from Allan the Explorer who introduced us to and taught us all about some of his 'Wee Critters' and other amazing animal friends. Our favourites included: Scampi the skunk, Tiggy the hedgehog, Charlotte the tarantula, Pepper the owl, and William 'SNAKEspeare'!

For World Book Day, the Preschoolers dressed up as their favourite book character and brought their most loved books to school. In Preschool, we read stories every day about our topics; the children love to talk about the pictures and learn new and exciting facts.

The children loved learning about farm animals, and many discovered a new favourite by the end of the topic. The two classes worked together and used their new art skills to create a Preschool display that even Old MacDonal himself would be proud of!







Prep 1

Prep 1 have had a super start to school life at Regent House. They have enjoyed learning through a wide variety of engaging activities. Here are a couple of snippets of things they have done this year in school . . .

TEDDY BEARS' PICNIC

We had a teddy bears' picnic day in school in February to conclude our Bears topic. Everyone started the day by making a party hat for their teddy to wear. We designed our own teddy bears using ICT. We made teddy bear face pancakes for our picnic snack. This was so much fun! Our teddy bears came with us to music class, with Ms. Harshaw, to sing and play some teddy bear games. We played pass the parcel and everyone got a special prize to take home.

We think our teddy bears had a great time at school!

Best wishes to Natasha Rudewicz in her new career.





ARK OPEN FARM TRIP

We visited the Ark Open Farm in May as we had been learning about the farm. It was very exciting travelling to and from the farm on the bus. It was so much fun visiting lots of different farm animals including cows, horses, donkeys and pigs. Everyone had a turn at holding and stroking some fluffy baby chicks, a rabbit, called Bluebell, and a very cute guinea pig called Ginger. We enjoyed a picnic lunch and had some fun in the farm play area. We rode on tractors and dug to find fossils in the sand pit.

When we returned to school, we produced some super recount writing about our visit to the farm.

We had a lot of fun at the farm!





Prep 2 & 3

Prep 2 and 3 enjoyed an exciting trip to Waterstones in March to celebrate World Book Day.

We got to listen to a story, create our own bookmark and spend our £1.00 book token.



For the topic of Celebrations, Prep 2 and 3 pupils designed and made their own Mardi Gras masks.



Prep 2 and 3 had a visit from 'Wee Critters' where they got to experience all kinds of creepy, crawly, slimy and slithery creatures.



Prep 4 & 5

SPACE AND THE SOLAR SYSTEM

During our 'Space and the Solar System' topic, we each presented findings on a chosen planet. We were also inspired by Julie Perrot's 'A Journey into Space' and created a gallery of planet Earth and moon scenes, as well as designing our own planets and solar system using oil pastels.



WORLD BOOK DAY

We celebrated World Book Day on 3rd March by dressing up as our favourite characters from books and investigated how non-fiction books are organised. Using our new knowledge, we wrote a non-fiction book, all about our favourite animals, using iPad apps. It was lots of fun and we still enjoy reading our very own book.



World Book Day 2022





Prep 4 & 5

ANCIENT EGYPT

Through our study of the Ancient Egyptians, Prep 4-5 carried out a science experiment, looking at the process of mummification and how it impacts on the mass of those objects involved. We scooped out the insides of tomatoes and buried them in a special salty mixture to help them dry out. After two weeks we dusted them off, reweighed them and discussed their peculiar change in appearance!



DANCE TEAM

The Prep Dance Team, consisting of Prep 4-6 pupils, represented the school at both the Northern Ireland Creative Movement and Aerobic Championships (NICMAC) and the Ulster Dance and Fitness Championships. The team spent many enjoyable hours learning a routine to a medley from Oliver and our soloist, Neave, had a routine from Thoroughly Modern Millie. The team and Neave won both competitions. This was a terrific achievement reflecting lots of dedication and teamwork.





Prep 6

THE VIKINGS

Our first topic of the year was 'The Vikings'. We enjoyed opportunities to watch 'Horrible Histories' and complete our own research to find the most unusual facts about The Vikings. Our favourites are:

- They took great care over their cleanliness and hair: they visited hairdressers regularly.
- Unlike how they are always portrayed, they actually didn't wear horned helmets.
- 'Berserk', 'snot', 'anger', and 'ugly' are words with Viking origins.

We enjoyed being creative during our art lessons and many of our Viking Shields, Viking Longboats and Viking Warrior Portraits could be seen around the school during term 1.



BRAIN BREAKS

Just like all pupils and staff, we found coming back to school after lockdown quite a challenge. Months of working online, not socialising in person, and having to adjust to a new schedule made coming back to the school quite a shock! We agreed that our physical and emotional wellbeing is very important, and that a good way to get us feeling positive is to have regular brain breaks throughout the school day. We have played lots of different interactive games (both educational and not) and we think you'd really enjoy our favourites! They are:

BEETLE DRIVE

In small groups you use a die: each number of the die

represents a different body-part of the Beetle. Taking it in turns to roll the die you slowly get to draw each part of your insect until the first person to complete theirs (1 body, 1 head, 2 wings, 2 eyes, 2 antennae, 6 legs) shouts, 'BEETLE DRIVE!' and is the winner of that round.

BACK ART

Sort your pupils into pairs. The teacher draws a simple picture on to a mini whiteboard. One person from each pair comes to look at the picture and then returns to their partner. They use their index finger (or a pen with the lid on) to draw the picture on their partner's back and then the partner draws; what they think is being drawn on to their back based on feel; on to their mini white board. The winners are the pair with the picture closest to the teacher's original.

Prep 7

A JOURNEY THROUGH THE PREP 7

SEPTEMBER – We started back to school in a flurry of AQE papers!

OCTOBER – Our Prep. Pumpkin Party was held on 22 October. It was Covid-friendly but we still had lots of fun dressing up and carving creative pumpkins.

NOVEMBER – AQE! We had worked so hard for our AQE and now it was actually happening. We breathed a huge sigh of relief when all three tests were completed! Prep. pupils decorated and filled Christmas shoe boxes for the charity Samaritan's Purse.

DECEMBER – This was a busy month, with outings to Pirate Golf, Wolfes Diner and the cinema to watch Ron's Gone Wrong, which we all thoroughly enjoyed. We went to The Waterfront Hall to see Cinderella. It was a little different to the story we are all familiar with. We were very happy to get our Christmas holidays.

JANUARY – We had lots of events to look forward to in 2022 and lockdown regulations eased a little more. The first thing we did was to audition for our school annual drama production, Rock Bottom. We were given our parts and frantically started learning our words, designing costumes and making props.

FEBRUARY – We had the privilege of having a student teacher, Miss Clarke, from Stranmillis College, Belfast. She was with us for seven weeks and even accompanied us on our residential trip to Share Discovery Village.

MARCH – We completed the BeeSafe online safety training designed specifically for Prep. 7 pupils. We learned about fire safety, water safety, keeping ourselves safe online, safety on buses and recycling. Also, in March, the girls participated in the Ulster Schools' Under 11 Hockey Tournament which was held at Regent House. We got to play against other schools and the sun even shone a little bit! In March we also went on trips to The Ulster Folk Museum to participate in a Victorian Life programme. As part of our Victorian studies, we also went to Crumlin Road Gaol. We had some super days out.

APRIL – Highlight of the year...our school drama production, Rock Bottom! We dressed up in costumes, painted faces and put on an amazing performance, in our opinion! We, mostly, enjoyed the many rehearsals and the final show was a great success.

MAY – On Friday 13th May we buried a huge time capsule in the grounds of Regent House. Everyone in Prep put in one piece of work showing what life was like in 2021. This was part of a CCEA project for schools. We wonder if our work will be dug up and admired in years to come!

June – June was another busy month. We celebrated the Queen's Platinum Jubilee with a tea party. Everyone dressed in their best. We took part in the Prep. Sports' Day on Friday 10th June. We also completed Cycling Proficiency and now feel much more prepared to cycle safely on the roads. Mr Glenn Johnston came to our class to deliver the Let's Move programme, to prepare us for moving on to the next stage of our education. We feel excited about making new friends but are also sad about leaving Prep!



Crumlin Road Gaol Trip



Crumlin Road Gaol Trip



Ukrainian Bun Sale



Ulster Girls Under 11 Hockey Tournament



Waterfront Hall Panto Trip 1

Highlights from the Prep 7 Residential Trip to Share Discovery Village, Co. Fermanagh



Aimee Park

We went on our residential trip at the end of March. We had lots of fun and did lots of activities. My favourite things were Combat Corps and The Escape room. I loved running around the forest!

Matthew Catney

This trip was an experience of a lifetime. Paddle boarding on Day 3 was the best. Max pushed me in and I saved Sam from falling in. This was a trip I will remember forever.

Max Stevenson

I loved cooking sausages and marshmallows in the Bushcraft lessons. I loved all the activities except wall climbing!

Scarlett Monk

The activities were so exciting. We did stand-up paddle boarding, t-shirt printing, nightline, combat corps, escape rooms and archery. We had washing up groups called Mash and Arms!

Sam Fisher

Our residential trip to County Fermanagh was amazing. When we got there some people showed us round the place and after we unpacked and relaxed in our chalet. The nightline was such fun. I really enjoyed it. In combat corps it was exciting using laser guns to try to eliminate people.

Agnes Mae McCoubrey

In bushcraft we learned to do things in the wild, like cooking and making a shelter. The girls and boys were split into teams to build dens. The girls won, of course! After that we cooked sausages on the fire. They were so tasty.

Rylee Bailie

On Thursday, the day I enjoyed most, we did archery, rock wall climbing and at the end of the day we watched a movie. I also really enjoyed the t-shirt printing.

Holly Whyte

I liked the escape room and the bushcraft activities. The weather was lovely and warm. There were two different chalets, one for girls and one for boys.



Archery



Banana Boating



Bushcraft



Bushcraft



Canoeing



Caves