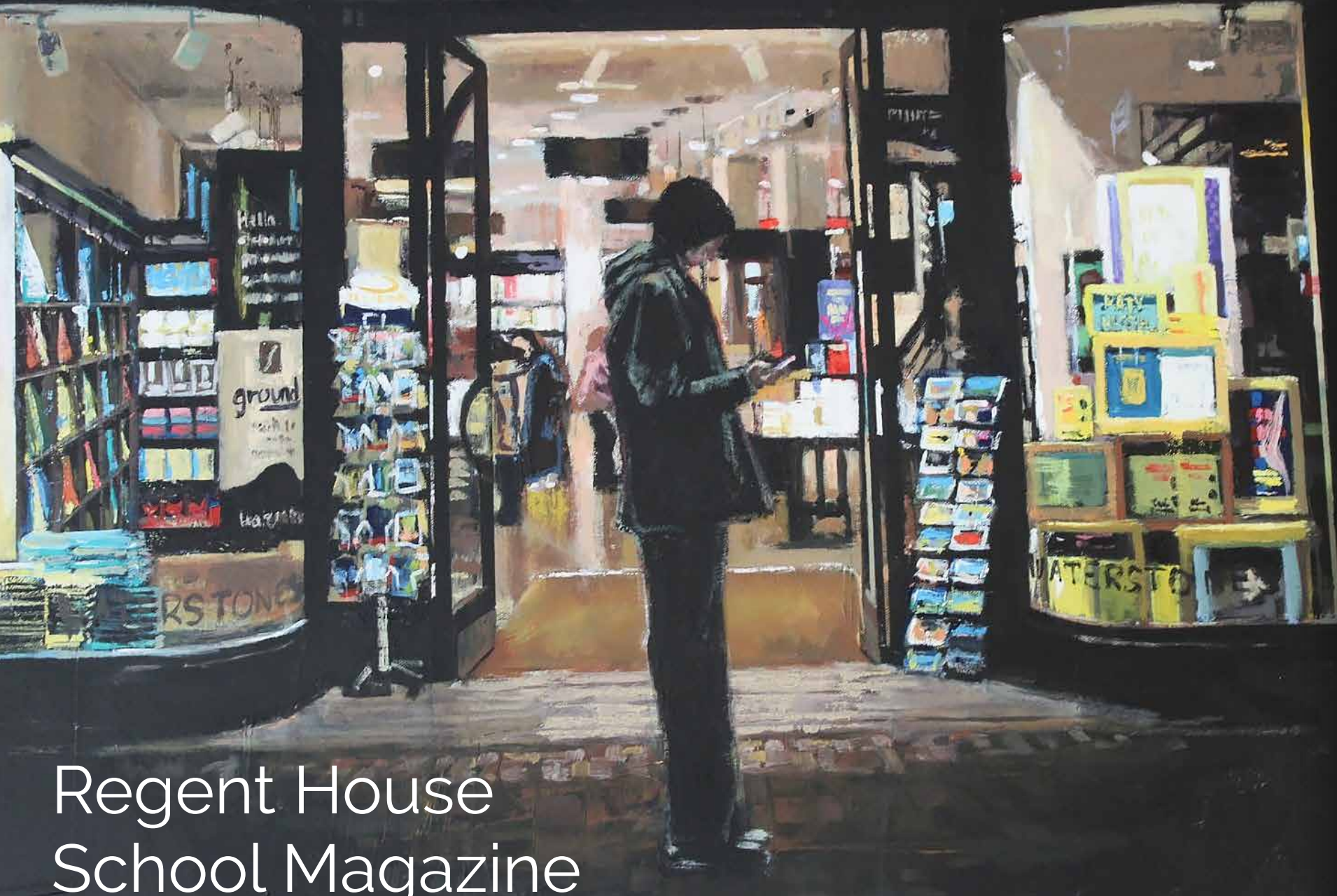


# WATERSTONES



Regent House  
School Magazine



2022-23



# Contents

Board of Governors and Staff	2
Principal's Foreword	3
New Starts	4
Retirements	4
Heads and Deputies	6
Senior Prefects	7
Ricky Warwick	8
Charity	9
Prize Day	10
Results/Debating	11
Readathon 2023	12
The Bebras Challenge/Maths Challenge	15
Clubs & Societies	16
Drama	18
Duke of Edinburgh's Award	22
Scripture Union	25
Ganaway 2023	26
Ski Trip	28
Art	30
Music	34
Sports	38
Literary	73
Prep	82
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## MAGAZINE COMMITTEE

Rebekah McClelland  
Callum Borkowski  
Rebecca Logan

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.

## REGENT HOUSE SCHOOL

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## 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.

## THE BOARD OF GOVERNORS

Mr Robin Johnston - Chairman  
Mrs Margaret Dunn  
Miss Elaine Green  
Mr Mark Huddleston  
Mr Roy Lyttle  
Mr David Maxwell  
Mr Richard Poulter  
Mr Paul Thompson

## SENIOR LEADERSHIP TEAM

Mr Michael C Carville - Headmaster  
Mrs Julie Haugh  
Mr Steven McGonigle  
Mrs Kathy Taylor

## SENIOR TEACHERS

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





# Approaching 100!

As we approach our centenary year, I feel honoured to be a small part of the history of this school and I hope that every teacher, pupil and parent feels the same. I particularly enjoy meeting past pupils of the school who always strike me as confident, outgoing and resourceful. The hard-working staff here in Regent are determined that this will continue for all current and future pupils. It is a great privilege to be part of such an inclusive and ambitious community.

When I welcome new teachers and pupils to our 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 curriculum our students can avail of. My thanks go to everyone who makes this possible.

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 2022/23!

**Michael Carville**  
Headmaster



# New Starts



**EMMA KERR**

Working at Regent House was my first teaching job and I started here in a temporary role, eager to stay. Before I went into teaching, I worked as an actuary after I studied actuarial science at university. During my time as an actuary I worked doing pensions, before doing

my PGCE. I didn't really like working in the office environment. I always preferred to work with people. I have been able to use my prior experience to show the application of maths in my new position as a mathematics teacher.

I went to Ballymena Academy, and I had some amazing teachers both in mathematics and other subjects. My experience of school was wonderful, and I wished to replicate the impact that my teachers had left on me, by being a positive influence on my pupils. I had a brilliant physics teacher called Dr Donally and she taught me for GCSE. She was passionate about her job and genuinely interested in the pupils in her class. On going into teaching, I was inspired to model her conduct and the relationships she had with her pupils.

I enjoy keeping myself physically fit and active, doing Pilates, cycling and swimming. My interest in fitness has always been prominent in my life as, when I was at school, I was a dancer. This passion has continued, and I have enjoyed helping with the school dance team.

**Callum Borkowski**



# Retirements

**ROSEMARY GAMBLE**

This year we said 'Goodbye' to one of our most long-standing members of the teaching staff – Miss Rosemary Gamble. Miss Gamble joined the Religious Studies Department of Regent House in 1988. It is a mark of their recognition of her expertise and talent in her area that the appointing board was, at that time, willing to defer her assumption of the post until the October of that year as she was to be involved in a humanitarian aid programme in Kenya until then. Her involvement in voluntary work of this nature is emblematic of the passion and dedication which Rosemary brought to teaching her subject which frequently involved raising awareness of issues in the developing World and our responsibilities in regard to them. It also displays the compassion which, as those of us who knew Rosemary well, characterised her throughout her career.

When I think of Rosemary, I think of the loyalty and kindness which she showed unstintingly to her family, friends, colleagues and students – particularly her Sixth Form pupils who always held her in high regard. I think also, of the many interesting discussions we have had over the years ranging from theology to literature to film – which those of us who shared a 'base' with her shall now miss.

As she begins her retirement, all the Regent House family join united to wish her health and happiness for many years to come.

**Jim Peden**



**KATHRYN MCNEILLY**

Kathryn McNeilly started her teaching career in Glastry College before moving to Regent House in 1992 as a permanent teacher of Home Economics. Her passion for her subject was evident in her enthusiastic teaching and the fun atmosphere that she brought to the classroom. Students have enjoyed cooking many delicious treats in her classroom over the years.

Kathryn's talents extend beyond her specialist subject, and she has embraced further responsibilities in school: Head of Employability and Head of Year for Year 9/10 girls. Her multi-tasking skills have been clear as she has managed to balance the organisational aspects of Employability with the demanding nature of her pastoral role. Kathryn has shown a discernible kindness towards the students in her care as she has always sought to bring out the best in them and to support them.

Moreover, Kathryn is a team player and the first to volunteer when help is needed on a practical level. She carries out her duties without complaint and is thoughtful towards her colleagues. Kathryn's wicked sense of humour is also infectious and can bring any challenging situation back into perspective.



In retirement Kathryn is looking forward to spending more time with her beloved dog, going to cafes, going to the theatre and just enjoying a slower pace of life. Most of all she is looking forward to travelling. She plans to go to Australia and other exotic locations such as Japan.

It has been an honour working with Kathryn and we wish her many happy years of fun, relaxation and travelling.

**Andy Matchett**



**LYNN SHIELDS**

Lynn grew up in the shadows of Regent House, she inevitably followed her elder siblings and became a pupil in Regent House. She often talks with fondness of her memories of her time as a pupil in Regent and how she was inspired to follow history by Mr Harry Webb. She continued her studies at Queen's University before briefly returning as a substitute teacher in Regent. She then moved to work in Bushmills and then Wallace, where she travelled with Elaine Green each day. Elaine remembers how many a Monday morning was spent listening to tales of Lynn's various outfits, purchased over the weekend, the shopping theme is a major part of Lynn's

adventures. However, Lynn's heart lay in Regent, and she was delighted to be able to return in 1996 to teach History alongside the esteemed Harry Webb. Lynn has such a connection to the school that she chose it for her girls to attend: the Prep, and then the grammar school. Indeed, Lynn has been very proud to have been able to work alongside her eldest daughter Rebecca on Rebecca's first year of her teaching career.

Lynn is a dedicated family woman who has taken time out in the past to nurse her parents and to help nurture her beloved girls in their early years. We often joke in the Department about her husband Alan, with the phrase, "That poor man having to cope with all those girls in the house!" However, he is one lucky man. Alan has retired recently, and they have been planning their future adventures...London and Paris, in September for the Rugby World Cup, are just the start.

The History department will be a very different place without her. We will certainly be a less well fed and less organised place. She has been my 'go too woman' and a source of support and friendship to all of us in the department and I know that will not change as she embraces the exciting new adventures which lie ahead.

**Carol Bailie**





**PATRICK TWEEDIE - HEAD BOY**

Patrick studied Art, English Literature, French and Theatre Studies.

He has been inspired by local artist Colin Davidson because he loves painting, and admires how much he has done to contribute to the artistic culture of Northern Ireland.

He loved being a part of the senior school plays during his time at Regent. He auditioned for his first play, The Sound of Music, in Year 8 and has performed in every production since this. He feels that it was a great opportunity to make new friends from other year groups and made him feel part of one big family - even though it was stressful at times it was totally worth it!

He enjoyed participating in the Senior Choir, Chamber Choir and Senior Concert Band (playing the Flute and Piccolo) and always enjoyed the spring concert and carol services.

Scripture Union has played an important role in his time at Regent, and he loved being a part of the committee, organising events like the SU weekend at Castlewellan.

He loves art and was able to share his passion by helping out at Junior Art Club.

He summed up his time at Regent House in three words, "Busy, invaluable and fun." Patrick is now studying Modern and Medieval Languages at the University of Cambridge.

**Callum Borkowski**



**EDEN BAILIE  
HEAD GIRL**

Eden studied Maths, Physics and German. Her personal highlight at Regent was helping with the props at the amazing school plays. She was also involved in the Science Club throughout her time at Regent. Eden hopes to become a Primary School teacher. One of her inspirations was her Primary School principal, Phil Derrick, because of his enthusiasm and interactive lessons. One day Eden hopes to create a classroom environment like his. Eden described her experience at Regent as being, 'Challenging, entertaining and friendly.' She felt that, despite the hard work, there was always something exciting going on and so many interesting new people to meet and engage with. Eden is now in a GAP year.

**Rebekah McClelland**



**JUDE MCKENNA  
DEPUTY HEAD BOY**

Jude studied Maths, Biology and Chemistry and he was very involved in school life from Year 8, after he was advised to try everything and do his best.

Two clubs that stand out to him are athletics and rugby. Jude was part of the athletics club for four years, competing in the long jump and 800 metres and has played rugby throughout his time at Regent. He was made captain of the 1st XV in Year 14 and his personal highlight was beating Bangor Grammar, to become the first team to win the Tower Cup, when he was in Year 14. He would sum up his experience at Regent as, 'accommodating, inspiring and inclusive.' He is now in a GAP year.

**Rebekah McClelland**



**EMMA MARTIN  
DEPUTY HEAD GIRL**

Emma studied Maths, Further Maths, Physics, Chemistry and Geography.

Her personal highlight at Regent House was participating in the school plays as it was extremely rewarding - the drama department was very welcoming. Emma played on the Netball team pre-Covid, was a member of the Junior and Senior Chamber Choirs and was involved in a range of school plays (The Sound of Music, The Thwarting of Baron Bolligrew and Joseph).

Finally, if she was to sum up her time at Regent in three words it would be, "Achievement, friendship and pride." Emma is now studying Natural Sciences at the University of Cambridge.

**Rebecca Logan**



# Heads and deputies







**KYLE THOMPSON  
DEPUTY HEAD BOY**

Kyle studied French, German and Leisure Travel and Tourism.

He has been most inspired by Mo Farah as he admires how he had the determination to surpass any challenges in his life. He was also inspired by family members and appreciates their guidance and support.

His personal highlights throughout his seven years at Regent House have been sports days. It is something he repeatedly took part in, successfully representing Strangford. He was regularly involved in athletics for the school, having represented Regent as an Irish athlete in the School International Athletics Board in Derby, England and at the Tailteann Games in Dublin whereby he represented Ulster.

He was a very active member of the Scripture Union club for many years in school and worked to encourage membership. He sums up his time at Regent House in three words, "Truly worth it." He is now studying Modern Languages at University College Dublin.

**Callum Borkowski**



**SUSANNAH COTTER  
DEPUTY HEAD GIRL**

Susannah studied Biology, Chemistry and Professional Business Services at A level.

She has been inspired by many of her sports coaches to be resilient and confident whilst also showing humility.

One of her personal highlights has been House Hockey at the end of every hockey season. Having the opportunity to play for her house group, Strangford, with some of her close friends, whilst also playing against close friends was fun, exciting, memorable and priceless.

She enjoyed being co-captain of the 1st XI girls' hockey team in school and has played hockey within the school since Year 8. She also thoroughly enjoyed helping and coaching the junior school pupils in hockey.

Susannah describes her time at Regent as being a rollercoaster of memorable experiences and opportunities. She is now studying Physiotherapy at the University of Ulster.

**R Nash**



**SENIOR PREFECTS: GEORGE BOYD, ERIN MCGIMPSEY, BRODIE GIRVAN-RYANS AND EUPHRATES GILPIN**





# Ricky Warwick

I feel very honoured and privileged to complete this school magazine article. I think the last time I was in the Regent House School magazine was in 1980, when I won the Junior Cross Country in-house Championship. I've still got the medal for it. I successfully competed for my house: Clandeboye.

I started Regent House in P1 and went all the way up to third year, when we moved to Scotland. I was a bit of a dreamer when I was a kid and I remember sitting in the Prep. Department at the window, just staring up at Scrabo and dreaming of being a footballer or a rock star; already that was something that was ingrained in me.

When I was visiting Regent and Mr Lowry took me around, it was great to actually go back into that classroom and see the same view that I had seen all those years ago. I have a very fond memory of a lot of the friends I had, with whom I played football in the old tennis courts and out in the old hockey pitch at lunch time and break time.

I got involved in the music industry when I first picked up a guitar, right before I left Northern Ireland, pretty much around third year. I started really getting into music big time then and I was into everything; bands like The Jam and The Sex Pistols all the way to heavier bands like Motorhead and Black Sabbath. Funnily enough, I was never really interested in music at school, not classical. I just always wanted to be a rock and roller.

So, long story short I moved to Scotland and, on my first day at school, I met two guys. "You know, there's a new Irish kid in town, he's in school, he's got an electric guitar." That's when it started...

Next thing I know I'm in somebody's house rehearsing and I'm in a 'wee' band, and that band went through various name changes, becoming The Almighty. There was a lot of perseverance, continuously doing demo tapes.

I remember at sixteen years of age, getting the overnight bus down from Glasgow to London and knocking on record company doors, just giving them our tape and asking them to listen to it. Most of the time I was told, "You're wasting your time. You're no good," until eventually we got accepted by a management company

and things just progressed from there. We just never gave up...we kept recording music, kept writing, kept practising and kept hustling.

That's really what the start was, and things just went from there. That was 35 years ago. Luckily, I've never looked back.

There have been many highlights of my career. I've been so blessed, getting that first record deal with Polydor Records, which was huge. Playing at the Old Castle, Donington, was amazing. Getting to open for David Bowie in front of 85,000 people in Berlin, on a stage built in the Reichstag, was remarkable.

Obviously singing for Thin Lizzy was a dream come true. Growing up, I idolised them. To get to sing those amazing songs was such an honour and such a privilege for me. It's been remarkable. I've been able to see the world many, many times over. I've been in some fantastic places playing some fantastic venues. I've met some brilliant people. It's been a wonderful journey, and long may it continue.

My advice to any young person is, "Don't give up!" It's hard work. It's dedication. It's practising. It's hustling. It's complete commitment to what you believe in and standing by your ideals. You must stick at it, get your music out there, play it to people, get it online. If you work hard, the luck will come.

I grew up on a farm in Northern Ireland. I was an only son, destined to be a farmer. At 16 I went home to work on the farm- we were in Scotland by that point. My dad saw how dedicated I was to my music, and he was very, very supportive of that because he saw that I was putting everything I had into pursuing that dream.

The most important thing in life to me is my family. I have four kids, three girls and one boy, all pretty much grown up now. The youngest is just about to turn 16 and that's given me obviously both joy and anxiety! I'm a very proud dad, very much a family person. That's my priority. Music comes second to that.

I'm very lucky as I get to do what I love as my job. I'm blessed in that department, blessed that I have a great family and great people supporting me. I'm a very lucky guy.

Give all at Regent a big hug from me. It's a great school and again, thank you and hopefully I'll see you all very soon.

All the best. Take care.

**Ricky Warwick**



# Champions for Charity!



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

Callum Borkowski, Zoe Williamson, Cody Williams, Madalyn Baillie, Luken Zabala Hughes, Jodie Bell, Elizabeth Butler, Evie Murphy, Alexandria Van Onselen, Noah Cotter, Bekah Brett, Ellie McClintock, and Victoria Ferguson.

This year the charity committee was formed in November and from the moment we met the planning began. We kicked off by baking many delights and serving teas and coffees during the interval of the senior production of Joseph. The money raised went to a charity called Abundant Life which our very own Mrs Graham's sister runs so it was wonderful to be able to support the work that she does in Uganda.

Christmas was soon calling, and we thought it would raise some cheer to run a festive treasure hunt. The members of the Charity Committee and the House Captains donned various wonderful outfits and hid themselves about the school waiting for eager Year 8 pupils to find them. Many local businesses supplied prizes for a raffle draw and we would like to thank Buenolos, Mauds and Bow Bells for their kindness and contributions to this event. Much fun was had, and we were able to combine the money raised from this event with the school Carol service donations to the Trussell Trust Foodbank in Newtownards.

The festivities continued and we had a Christmas jumper day just before school closed for the Christmas holidays; the corridors were awash with reindeers, elves and baubles and the money raised from this was divided between the Eswatini Choir and Habitat for Humanity.

The next big event that we planned was the long-awaited, much anticipated Valentine's Singing Telegram. This brought a lot of laughter as pupils were serenaded during their classes by a group of sixth formers, who had dressed to impress and were ready to spread some love through the classes of Regent House. We raised money for the Northern Ireland Chest Heart and Stroke Association.

Following the news of the earthquake in Turkey and Syria the Charity Committee were keen to raise funds to help support this humanitarian crisis. We put our heads together and ran a lunchtime event called Champions for Charity. Pupils donated money and won house points for success in activities such as scoring goals, hitting targets and hula-hooping. By far the favourite event was the potato and spoon race; Comber spuds were flying in all directions as pupils (and some staff!) raced to the finish line. The money that we raised from this event was donated to Concern to help with the ongoing work because of the earthquake.

In March, Year 8 set down their devices for a couple of weeks and took to the books to raise money for Readathon. The week culminated in pupils coming to school dressed as a character from a book that they loved. The outfits on show this year were phenomenal and there was even someone sporting a banana costume—that's true commitment to the cause! This event was so well-supported, and we were blown away by the amount of money raised by these avid readers. They brought in a total of £2178 breaking all previous records, and this money was donated to Read for Good, a charity which provides books for children who are in different types of need.

To finish off the year we put our baking skills to the test and ran a staff coffee morning to raise money for the Children's Cancer Fund. Staff got to enjoy a well-deserved treat and we were so pleased to be able to support a charity that has done so much work for those in need within our own school community.

Overall, it has been an incredibly busy year for the charity committee, and it has been an absolute privilege to work alongside such enthusiastic and kindhearted pupils, whilst hopefully making a small difference to the work of so many valuable charities.

**Esther Coulter (Charity Co-Ordinator)**



# Prize Day

## YEAR 8 PRIZES

Sara Devany . . . . . **Year 8 Prize/Year 8 Proficiency Cup**

## YEAR 9 PRIZES

Viktorija Lasinyte . . . . . **Year 9 Prize/Year 9 Proficiency Cup**

## YEAR 10 PRIZES

Ethan Baxter . . . . . **Year 10 Prize/Duff Cup (Geography)**

Beth Murphy . . . . . **Year 10 Prize/Year 10 Johnston Prize**

## YEAR 12 SPECIAL PRIZES

Anna Carvill . . . . . **Year 12 Prize/James Macdonald Memorial Prize**

Christopher Hinds . . . . . **Year 12 Prize/James Macdonald Memorial Prize**

Sam AndersonYear . . . . . **Year 12 Prize/James Macdonald Memorial Award (Maths)**

Catherine Greenlees . . . . . **Year 12 Prize/James Macdonald Memorial Award (English)**

Erin McGonigleYear **12 Prize/Manley Cup (Science)/Fiona Chandler Memorial Trophy (German)**

## YEAR 14 PRIZES/CUPS

Jamie Andrews-McMaster. . . . . **Year 14 Prize/Griffith Cup (Economics)**

Dominik Rapiej . . . . . **Year 14 Prize/Dr Long Cup (German)**

Rory Blaney . . . . . **Clarke Prize (Maths)**

Philip Smart **Year 14 Prize/Keenan Cup (Biology)/Lennox Cup (Chem) shared McKelvey Cup (Physics)/ Moore Prize (Sciences)**

Emma Martin . . . . . **Year 14 Prize/Largan Cup (Geography)**  
Lennox Cup (Chem) shared/Rodgers Cup (Maths)

Rachel McClure . . . . . **Year 14 Prize/Keys Cup (History) shared**

Louis McCready . . . . . **Year 14 Prize/Keys Cup (History) shared Prize**

Daryl McCormick. . . . . **Year 14 Prize/Burrowes Trophy (Music)**

Patrick Tweedie . . . . . **Year 14 Prize/Allen Cup (Senior Drama)/Anderson Cup (Art)**  
James Holmes Prize (English)/Lightbody Trophy (Music)  
1st May Holmes Prize (French)/ Walker Prize (School Life)

Kyle Thompson. . . . . **Year 14 Prize/2nd May Holmes Prize (French)**

Tyler McMinn . . . . . **Year 14 Prize/A Level Politics Cup**

Kacey Wilson . . . . . **Andrews Cup (R.E.)**

Elsa Park . . . . . **Year 14 Prize/H.E. Cup**

## ADDITIONAL SPECIAL PRIZES

### Janet Brown Memorial Prizes

Head Girl: . . . . . Emily Caughey

Head Boy: . . . . . James Ward

**Contribution to School Magazine.** . . . . . Rebekah McClelland & Callum Borkowski (shared)

**Contribution to School Music** . . . . . Kathryn Matchett

## ADDITIONAL CUPS/TROPHIES

**Blair Mayne Shield** (ATC) . . . . . Kyle Peel

**Colin Millar Cup** (Community Service) . . . . . Cody Williams

**Davidson Cup** (Duke of Edinburgh Award) . . . . . Daniel Flannigan

**Douglas Cup** (Outdoor Pursuits) . . . . . Jess Murray

**Esther Hassard Trophy** . . . . . Molly Evans

**Heatley Cup** (Biology) . . . . . Adam Kay

**Lowry Cup** (A Level P.E.) . . . . . Sophie McGrath

**RHS Association Cup** (Best Mentor) . . . . . Rory Blaney & Ben Hammond (shared)

**Vincent Cup for Junior Drama** . . . . . Beth Murphy

### Debating Trophies:

Trophy for Senior Boys Debating . . . . . Callum Borkowski

Trophy for Senior Girls Debating . . . . . Jorja Boyle

Robinson Cup for Junior Debating . . . . . Viktorija Lasinyte

**McFerran Cup** (GCSE) . . . . . Catherine Greenlees & Maja Karwowska (shared)

**Dickson Cup** (GCE A LEVEL) . . . . . Emma Martin



# Another excellent year for Regent's results:

**At A level** 32 students gained at least three A grades, with 14 pupils achieving at least 2 A\* and 1 A grades: Emma Martin achieved 5A's, Phillip Smart 4A's and Eden Bailie, Susannah Cotter, Rebecca Monahan, Kyle Thompson and Patrick Tweedie achieved at least 3A\* grades.

Overall, 79% of grades achieved were A\*, A or B.

**At AS level** 39 students gained at least 3 A grades.

**At GCSE level** 46 pupils gained at least 9 A grades with 10 pupils gaining at least 7 A\* grades.

**Congratulations to the following pupils that achieved ALL-Ireland Scholarships:**

Leah Hien

Ethan King

Hana Oya-Knight

Emily McKenna



## Rotary Ireland Youth Leadership Development Competition

The first round was held in Donaghadee Primary School on the 7th November 2022 and the second round was held at Bangor Golf Club on the 23rd November 2022.

I initially aspired to win the local level of the competition because, at the time, going to Strasbourg seemed nearly impossible. However, upon winning the first round I realised I had a promising chance to reach the once in a lifetime trip. I felt obligated to be able to speak at the European Parliament as it would be vital for my desired career path as a journalist, and I knew that experience of public speaking and debate promote lifelong skills. I also entered the competition for my own self growth as I was aware that an opportunity like this doesn't happen often, so I knew I had to take my chance to prove to myself that I am a capable

leader with good people skills. I wanted to put myself out of my comfort zone by challenging myself to develop more confidence in professional environments and I knew the formal interview process would be appropriate.

The prizes I received are something I am truly grateful for along with the valuable Strasbourg experience. I won £100 for the school and £50 for myself, which will certainly be spent. For me the feedback I received was extremely meaningful and solidified my confidence. One of the judge's comments that resounded with me was that I had, "Restored his faith that we, as a people, are in good hands in the future." I felt so fortunate to be able to go through this entire process with Jorja and having her support and encouragement made my experience so much more enjoyable. However, my biggest highlight was finding out that Jorja was going to Strasbourg with me; being able to have a once in a lifetime experience with a friend will be a memory to cherish.

It was the most personally rewarding experience of my life! I was able to realise I had greater skills and ability than I thought I possessed. It has taught me, as someone who doubts themselves, that I can do great things.

It has set me up to be prepared for the world ahead and resonated with me that if I put my mind to something, anything is achievable. Knowing that I had the privilege to speak at Stormont, the Dáil and at European Parliament was a dream. It is with these monumental experiences that I could obtain attributes that will be invaluable for my life ahead.

**Callum Borkowski (Year 13)**





# READATHON 2023

## Read and relax...

In June Year 8 pupils participated in another exciting Readathon day. They loved dressing up as their favourite character from a book whilst raising £2178 for the Read for Good charity.













# 2022 UK Bebras Computational Thinking Challenge

In November just over 400 of our pupils were among over 365,000 UK pupils (and over 3 million worldwide) who participated in the 2022 UK Bebras Computational Thinking Challenge on-line competition. Pupils answer questions that focus on computational and logical thinking.

**IN ADDITION, THE FOLLOWING YEAR 8 PUPILS WERE IN THE TOP 10% IN THE UK:**

Jamie Veitch  
Charlotte Allen  
Rebecca Mitchell  
Dylan Assorto-McIlwaine  
Jamie Beggs  
Minnie Cassidy  
Robert Matear  
Rebekah Green  
Samantha McKeown  
Matthew Stevenson  
Ellie Boggs  
Ruairi Cahir  
Jasmine McKee  
Ellyce Robinson  
Emilija Danyte  
Rory Hill  
Mason Calder  
Reuben Bradley  
Zoe Boyd  
Jonah Shields  
Savannah Baker Galloway  
Lucy Brett  
Emily Gunning  
Rachel Sutherland  
Freda Aiken

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

**Juniors** Jamie Veitch Year 8  
**Inters** Alexandra Brown Year 10  
**Seniors** Joel Clarke Year 12  
Jack Davies Year 12  
Lewis Garrett Year 12  
Luke Kelso Year 11



# Maths Challenge



The Senior Maths Challenge took place on Tuesday 4th October. We entered 40 students from Years 13 and 14. In total, 3 students achieved a Gold award, 6 achieved Silver and 17 achieved Bronze. A Special mention goes to Nathan Gibney and Emma Martin in Year 14 and Adam Kay in Year 13, who achieved a gold award and progressed to the follow up round – The Andrew Jobbings Senior Kangaroo, at the start of November.

The Intermediate Challenge took place in February and 100 pupils took part, from Years 11 and 12. There were 3 Gold, 28 Silver and 22 Bronze certificates awarded. Kai Oya - Knight qualified for the Pink Kangaroo in March.

Not to be left out, the Junior Maths Challenge for years 8 and 9 was held on 26th April and we had 97 participants, resulting in 4 Gold, 18 Silver and 41 Bronze certificates. Two pupils, Ethan Boucher and Benjamin Milligan, qualified for the Pink Kangaroo in June.

All pupils are to be congratulated for their participation.

Mrs G Brown



To help celebrate World Book Day, our Year 8 classes were given the challenge of decorating their form room doors with the theme of 'Books'. With lots of creativity, colour and originality on display Miss Thompson's room faced considerable competition but won the day!





and fieldcraft in general. This allows you to gain tactical experience outdoors such as tent building, leadership exercises or (everyone's favourite) applying camouflage cream and hiding in secluded areas to practise your stealth and concealment abilities. The possibilities are infinite!

The Air Cadet Organisation is such a welcoming and positive environment that ensures everyone is optimistic and ready for an exciting night down at the Squadron.

We are 2241 Squadron, and we cannot wait to see you here in the future!

### CADETS' EXPERIENCES IN THE ATC:

The reason I joined the cadets was because my friend wanted to but didn't want to do it on her own. However, I am very glad I did decide to join. I have met a lot of new people through the Air Cadets and have made some great friends and have also had some incredible experiences. While I've been a part of the cadets, I have learned a lot about things like the history of the RAF as well as the physics of how a plane can fly and how to fly it myself. Although I didn't have much interest in things like this at the start, my time in the cadets has made me eager to learn more and I now look forward to it every week.

My favourite moment in cadets must be when I first went flying. Before actually flying there were a few safety procedures to go through which did make it slightly more nerve wracking, but the nerves went away when I actually became airborne - I was too excited to be nervous. It was an incredible experience being in control of the aircraft and seeing the amazing view from so high in the air.

I feel that others should join Air Cadets because of the amazing opportunities that it will give you. What other organisation



gives you the chance to fly a plane? You will make so many new friends and learn about loads of interesting things. Even if you have no interest in joining the RAF when you are older it doesn't matter. Every week there's something new to do or to learn about and there will be something that everybody will enjoy.

### Cadet Emily Torrens



Since I first joined Regent, I wanted to join the Air Cadets as soon as I could. I heard some amazing stories from my older brother about what he had achieved through the cadets and knew I had to try it out myself. It also gave me something more to do with my time outside of school.

Of course, the opportunity to fly a plane is a moment I don't think I'll ever forget, especially when it was before I'd even thought about driving a car! However, I really enjoy just showing up every week and getting to interact with a range of friendly and bright people.

# Our amazing ATC



For the past 82 years, the Air Training Corps has provided the opportunity for an invigorating and enriching experience for young people. For modern Cadets across the globe, the years of service you experience prepare you for life as future military personnel, if you choose, or as a civilian. The skills you learn through your time being a Cadet are applicable to every aspect of your life. Upon joining Regent House Squadron, you will develop a newfound sense of determination, confidence and an improvement in critical thinking. Every day is a new day for our Cadets at Regent House and every day on

the parade square invites new challenges that can be conquered as a team: from problem solving to performing drill sequences as a flight.

You can expect to compete in a range of activities during your time at the ATC: shooting firearms, leadership activities, radio and cyber courses, first aid training







want to join the RAF or not. The things you learn through your time at cadets enhances the skills you already possess and teaches you how to efficiently use them through life. You gain confidence through these experiences and cadets has honestly been one of the best adventures I have had in life. I promise you won't regret joining because you will experience many rare opportunities in the ATC. These opportunities and skills will equip you for all aspects of life.

**Sergeant Madison Halliday**

I first wanted to join cadets after going to air shows in Portrush and Newcastle every yea. I had always had an interest in aviation and the flying opportunities were the most appealing. It has now been six years since I first joined, and it is one of the best decisions I have ever made. It has given me confidence to plan and deliver lessons in front of rooms full of Cadets - this can be daunting at first.

My favourite moment has been going to a flying muster in an RAF base which was called RAF Leuchars back then. I got to go away for a weekend and travel to Scotland to get a ride on a Chinook helicopter. The pilot did a full display by opening the rear door to get a full view of the surrounding countryside.

I would really encourage anyone from Year 9 to 14 to join. I can guarantee that you will have unforgettable experiences if you join us.

**Flight Sergeant Kyle Peel**

Through all our years of service, each Cadet thrives in their surrounding environments. Whether a Cadet is in the middle of the forest hiding from the enemy team during training, or whether a Cadet is executing drill on the parade square for special events, every person who enters



through the Squadron doors has a unique ability to offer the Corps. The motto of the Royal Air Force Air Cadets is 'Venture - Adventure' which is an attitude that simply means to seek out and fulfil adventures - especially if they include risk, hardships, or adversity. Here at 2241 Squadron, we guarantee that you will gain vital skills and qualifications that equip you for the rest of your life. This is the day and age to be an Air Cadet and soar through the amazing array of opportunities. Thank you for reading this article and we look forward to seeing you at the Squadron!

**Madison Halliday Year 13**



I believe people should join the Air Cadets as it opens a realm of opportunities to make new friends, learn things (not just about planes) and it will give you a lot to write on your CV. It's also great fun!

**Corporal Grace Ritchie**

I first heard of the cadets through a couple of friends of mine who invited me down to the Squadron one night. I remember thinking that this was something I had to pursue as it offered an opportunity to learn many interesting things. I was welcomed warmly by staff and the other Cadets which made me feel at ease.

One of the most unforgettable experiences I have had as a Cadet was the chance to go to camp RIAT (The Royal International Air Tattoo). Ten Cadets from Northern Ireland had the privilege to travel over to RAF Fairford to help at the largest military air show in the world! Cadets from England, Scotland and Wales were also in attendance, as well as various aircraft from across the globe. We stayed in these massive tents, and we were all assigned to a Flight team to complete daily challenges. Some of the tasks I had ranged from handing out information leaflets to the public, right up to standing

along the fire lane at the side of the runway to protect civilians (from the aircraft that took off in front of us). The aircraft displays that I saw, as well as the teams of people I met, that made the displays happen, were truly incredible. Each Flight also got free time to explore the grounds and had the opportunity to get up close to some of the most impressive and fastest aircraft in the world. The friends I made from RIAT are still my friends today and the fun we had is something I'll never forget. The colourful and exciting displays performed by the aircraft is the very thing that brought hundreds of Cadets together and strengthens the Corps today. I'll never forget the time when my Flight were all huddled in the back of a helicopter astounded by the experience.

The cadets create an environment suitable for everyone regardless of whether you



# Joseph and his Technicolour Dreamcoat



'I closed my eyes, pulled back the curtain...' and was transported to ancient Egypt to meet a host of characters each more vibrant than the last. A cast of accomplished Regent House performers injected every colour of the rainbow into our winter with a fantastic fun-filled performance of Joseph and his Technicolour Dreamcoat.

It was brilliant to see how Patrick Tweedie was able to exercise his talents in this all singing all dancing lead role. He brought so much energy and heart to his final RHS drama performance and led the whole cast admirably. Eva Taylor was a consummate performer as narrator guiding us through such a dizzying array of scenes and characters. It was also a treat to have the scenes of Joseph's life bookended by junior performers who confidently took to the stage for the first time ever at RHS and acted as the children listening to the tumultuous tale of Joseph's life.

The entire cast of Joseph's brothers were lively and convincing in their conniving and their transformation. Strong performances from Oliver Stevenson and an excellent country style turn from Charlotte Symington particularly carried the solo sections. Peter Murray was a super Jacob and an even better Elvis- style Pharoah. Caitlin McCullough carried off Potiphar's wife with aplomb alongside Evan McClean who demonstrated his talent impressively switching from a lead brother to Potiphar. The audience loved the comedy provided by Callum Borkowski, Benajmin Hammond and Chris Devenney as the hilarious Ishmaelites.

Staging such an ambitious performance required a huge backstage team of pupils and staff who worked diligently to bring the words and music to life with costume, lighting, props and staging. The pupils took ownership of all elements of the production, with some of our musically talented pupils represented in the orchestra. Special mention must be given to Evie Martin and Sophie Carroll who made the incredible costumes and to the wonderful team of pupils who coordinated props. Ruby Page took on the role of choreographer with great success and enhanced the performance with dancing additions.

This was the first time in five years that RHS staged a musical and Mrs Graham's collaboration with Mrs McIvor really allowed a whole range of students to shine, with their acting, singing, dancing and staging talents. So many staff supported the event, both in the rehearsal stages and on the performance nights but special mention must go to Mrs Graham and Mrs McIvor, alongside Miss Doherty and Miss Eagleson, for the hours they dedicated to rehearsing, and facilitating this brilliant experience for so many pupils. It was a glittering joint effort across music and drama departments which offered such impressive entertainment, and we look forward to much more of the same to come.

Orla Chapman









# Matilda



The smell of rebellion was wafting through the corridors of Regent House in March 2023 when we saw the return of the Junior School Production to our packed-out Assembly Hall. A cast and crew of over 100 took to the stage to bring an unforgettably dynamic performance of Roald Dahl's *Matilda* the Musical. For many budding thespians it was the first time they had tread the boards. They managed to sell out all three nights and perform as a matinee for local primary schools too. Our cast and crew, alongside Miss Doherty, Miss Eagleson and Mrs Graham, worked tirelessly for months in order to wow our audiences with their slick dance moves, glorious harmonies and truly convincing acting.

It would be remiss to not mention a few standout moments from the production.

A huge congratulations must go to Besty Andrews who was cast as the eponymous character of the show. Her talent is limitless. With grace and ease she embodied the mischievous, justice seeking Matilda and her voice is totally captivating. Her performance of *Quiet* will be spoken of for years to come.

The Wormwood parents, played by the brilliant Nyah Pue and Matthew Catney added some hilarious comedic value to the performance. Nyah had the audience in stitches with her flirtatious demeanour and her relationship with her dance partner, Rudolpho (played by Charlie Kew) was laugh-a-minute material.

Two more dissimilar teachers never did exist when watching the depiction of Miss Trunchbull (Ava Allen) and Miss Honey (Katherine Todd). Both brought extremely skilled performances to the stage and were a delight to watch. It's fair to say that no one would want to get on the wrong side of the hammer throwing Mrs Trunchbull and end up in chokey. But if you did, it's likely Miss Honey would break you free.

A big shout out goes to: Matthew Wallace, Jonah Shields, Taevon James, Eve Wilkens, Lucy Brett, Beth Murphy, Chloe Connor and Jamie Keag for performing as our leading school children. Matthew in particular blew the audience away with his take on Bruce Bogtrotter, the only one daring enough to take on Miss Trunchbull. His solo in



Revolting Children was revolution rousing!

Here is what some of our cast and crew had to say about their experience:

Ellen Chivers, who played a parent and chorus member with gusto said, "My favourite moment acting in *Matilda* was the dance for *Revolting Children*. I think it was easily the best number, and everyone put so much effort in to make it a showstopping number."

Megan McCloskey who played our cookie librarian Mrs Phelps said, "My favourite moment acting in *Matilda* was the acrobat story when I had to stand up and scream which always caught everyone off guard."

Besty, who played Matilda with the skill of a West-End star said, "My favourite moment was singing *Quiet* and having the opportunity to perform with my friends."

Chloe Connor who played Amanda Thripp said, "My favourite moment acting in *Matilda* was getting swung by the hair and running through the aisle to re-enter the stage and the amazing memories from rehearsals."

Beth Murphy who played Lavender stated, "My favourite moment acting in *Matilda* was having to pretend to be in primary school again and learning all of the cool, fast dance moves, which were hard at first, however they looked incredible onstage."

Mollie Donnachie, an audience member said her favourite part was the, " 'When I grow up' song. I really liked how they used all the props like scooters and trampolines to make it feel like a real primary school playground."

Katherine Todd who played Miss Honey with ease said, "My favourite moment acting in *Matilda* was when I sang 'When I Grow Up' as Miss Honey at the top of Act Two."









# Duke of Edinburgh's Silver Award

With my Silver Duke of Edinburgh's Award, I have had the opportunity to take part in so many different experiences that I would never have thought to investigate before starting the Duke of Edinburgh's Award. It has encouraged me to help with my local community, even if I have no reason other than just to show my gratitude towards what they do for others. The Duke of Edinburgh's Award has also been a great way for me to properly meet many people in my year group and bond with them. I believe that after participating in the Silver Duke of Edinburgh's Award I have become more resilient (regardless of the weather) and it has encouraged me to be more active. I feel that after my actual expedition I have gained a bigger appreciation of nature and the places we have practically sitting on our doorsteps. Overall, the Silver Duke of Edinburgh's Award is an experience that I would recommend to everyone. Not only does it give you many skills and experiences, but it will also look great for job applications!

Hannah Ritchie Year 11









# Duke of Edinburgh's Bronze Award

A year ago I had no idea what the Duke of Edinburgh's Award entailed but now, after an eventful, action-packed few months, I can certainly say how worthwhile it has been.

The Award is divided into three sections: physical, skill and volunteering. These began promptly, which was easy for those who took part in numerous extracurricular activities, but for others this involved racking their brains to come up with exciting activities that weren't too difficult to complete!

I absolutely love to read and when I discovered that reading was accepted for my skill section, it was really a no-brainer. Over the next three months I read three books. However, writing the book report was my favourite part. I was able to develop my vocabulary as well as deepen my imagination as I felt as though I had literally been transported somewhere other than my bedroom.

The physical section was a tricky one for me. I'm a passionate mountain-biker but I don't ride weekly, so that option had to be ruled out. I decided to do an hour of walking a week and then record it on an app. In total I was able to walk approximately 80 kilometres in the three months – which is probably the farthest I've ever walked in that space of time! Not only was walking a great way to improve my physical wellbeing it also allowed me to have a good break from some of pressures and stresses of schoolwork.

For volunteering, I was quite limited on ideas but, after a number of emails back and forth to the Newtownards Foodbank,

I was able to secure a place helping to pack bags of food. This was my six-month section and was one I thoroughly enjoyed. It taught me numerous, valuable life-lessons and made me aware of the struggles many families face who can't afford to feed their loved-ones. Volunteering has really inspired me to think outside my personal bubble to consider the needs of others above my own and, even after my six-month deadline, I am still found roaming around the many aisles of the foodbank warehouse!

Finally – the expedition. Weeks before the date we were due to set off, my friends and I tentatively monitored the weather forecast predicted for the two particular days, but we needn't have worried. That morning the sun was shining down, helping us to start the journey with a smile on our faces. After applying mountains of sun cream until our faces were plastered white, we were all set and ready to go. On the first day, my group walked from Airport Road, Belfast to Crawfordsburn Scout Centre. It was a hike as we weaved in and out of little rugged bays but a good challenge. Once we set up our tent, we began to start cooking on the Trangia. My group cooked pasta and tomato sauce, which we believed to be an original, smart idea, until we looked around and saw it was an extremely popular choice! In the morning, after a good long rest (well for some anyway!) we started the last part of our trek, from our campsite to Donaghadee. By mid-morning the hot sun was beating down and we all began to grow tired but, as the finish line approached, we pressed onwards. Eventually the teachers were



in sight and we had officially completed the final part of the walk. I am so proud of myself for achieving my Bronze Award. It was an experience that will endure with me for a long time.

There is something unique about the Duke of Edinburgh's Award that allows you to test your capability to think outside the box that isn't linked to school education or exams. I have loved every aspect of it this year: choosing my sections, deciding groups for the expeditions and even the practice walk in Tollymore. I would recommend it to any budding adventurer in the future.

**Beth Murphy Year 10**







## SENIOR SCRIPTURE UNION

This year I had a double period of English Literature last thing on a Thursday. The last thing I wanted to do was stay in that same classroom for an extra hour (no offence, Miss Thompson). Yet how quickly did my misery turn into pure joy when I realised the 3.20 bell meant it was goodbye Shakespeare, hello SU!

This year was another great year in Senior Scripture Union. It continued to be a vibrant and close-knit community in Regent House extracurricular life. Meetings moved back to the traditional place and time of B20 at 3.20pm on a Thursday afternoon, and were a great opportunity to wind down, catch up with friends, and learn more about our Heavenly Father. The theme of the year was looking at the Lord's Prayer; something that most people know, but how often do we stop to think about what it means? By unpacking it line by line, it revealed more of God's character and explained our relationship with him, and how daily bread is more than a baguette or tiger loaf! A particular SU meeting that I enjoyed this year was when last year's leavers came back to visit, assuring us that life after Regent is nothing to fear!

Kyle Thompson and I were this year's co-presidents, and we were surrounded by a wonderful committee consisting of Katie McMeekin, Benjamin Hammond, Charis Macaw, Ellen Cowan and Molly McAndrews. Our weekly meetings were rather productive, but nearly always turned into more of a catch-up! Our prayer

# Senior Scripture Union – “Pure joy!”

meetings at Friday break-times were set aside as a time to pray for our world, our peers, our school, and to cast our anxieties on 'He who loves and cares for us'.

A highlight of my year in SU was the revival of our traditional SU formal, held this year at First Ards Presbyterian Church. It was a memorable evening of socialising, yummy food and questionable dance moves! Our outreach week, 'Shine Week', took place over several lunchtimes in March. It was a well-attended event with a mixture of outside speakers, pupils' testimonies, and teachers' encouragements. I personally took a lot from this week as it provided some perspective in the run up to exam season!

I need to thank the teachers who come along to SU and committee meetings, leading small groups and providing invaluable wisdom and support along the way. They are real role models for many of us. A special thanks must also go to Miss Thompson, for all of her planning and organisation in the background - without which the committee would be lost!

Upon reflection of my seven years at school, I realise that SU has been at the heart of so many of my favourite memories and the source of many friendships. Above all, it has been a true encouragement in my Christian faith and a weekly reminder of God's goodness. I will miss it

dearly, and I am confident that Senior SU will continue to be a place of friendship, community and fellowship in Regent House for years to come.

**Patrick Tweedie Year 14**

## JUNIOR SCRIPTURE UNION

Junior Scripture Union had a great year of encouragement and enjoyment. Students enjoyed listening to guest speakers and participating in team games each week. Donuts, cookies and sweet treats were always in great supply.

Eden Embleton, Lily Shivers, Caleb Gibson, Robert Rea and Eli Teixeira-Falls from Junior Scripture Union got to meet and interview members of the 'Abaana' New Life Choir. Abaana exists to show the love to God, transforming the lives of impoverished children and their communities in Africa. Regent House students were thrilled at meeting some of the choir members and hearing the stories of how their lives had been changed by the grace of God.

**S Kennoway**





# Ganaway

In Ganaway we enjoyed many activities, but my favourites were the zip line and box stacking. The zip line was very tall and frightening if you peeked out of it at the top.

I remember jumping out of the ledge, my heart in my mouth, but as I swiftly got closer to the ground, I realised it wasn't scary at all and went on it again!

The box stacking was where you were standing on a crate with a harness on, your teammates tightened the harness as you stacked up higher. Your goal was to stay on the boxes longer than the other teams. It was extremely electrifying! I would love to do it again.

**Darcy Andrews 8G**

Our Year 8 trip to Ganaway was an amazing trip. Our Form Class visited on a Friday. My favourite event was zip lining where we were led up on to a massive tower by one of the leaders. I was very scared to do it but when I succeeded, I was thrilled. It was so exciting! It was a fantastic trip!

**Tabitha Irwin 8G**

## GANAWAY WAS FUN!

My favourite event was when we went on the huge zip line. From the moment I saw we were doing it I felt challenged. I was strapped on, and I swooped down the zip line as fast as a jet.

It was exciting when we were buckled up, strapped and ready for rock climbing. I continuously went up and down the huge climbing frame. When we wanted to get down from the climbing frame all we had to do was walk down backwards on the wall. I felt like Indiana Jones!

**David Johnston 8G**

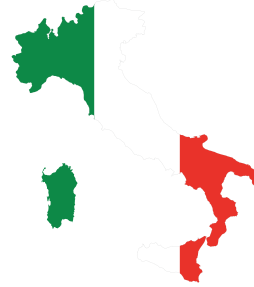








# Ski trip to Bormio, Italy, February 2023



We arrived at school on Saturday 11th of March at 9am and the weather was surprisingly pleasant considering the frosty weather we had experienced earlier in the week. There was a flurry of excitement at the turning circle, whilst parents waved goodbye to their children.

Arriving at Dublin airport we were quickly escorted through by Topflight before grabbing a bite to eat and boarding the plane. It was a short two-hour flight before landing in Verona and boarding the coaches for the dreaded four hour journey up the mountains to our hotel.

On the first night we had a quick dinner then headed to bed as ski fit commenced at 7.30am the next morning, followed by our lessons at 9am. Once divided into groups, depending on ski ability, each group was assigned a ski instructor for the week. This grouping meant pupils were not always with their usual friends and this allowed us to interact with pupils from different year groups, forming new friendships.

Bormio lived up to its expectations and proved to be a lovely resort with a vast variety of slopes to suit everyone. These consisted of blue, red, black, and even fun slopes which proved to be a common favourite throughout the week. Each day group lessons ran from 9 to 11am, before receiving a well deserved and needed lunch to help refuel for the afternoon session which ran from 1-3pm. The first day was spent trying to find our ski legs again. The beginners started to learn and understand this new sport, and all the skills that come with it. Our instructors were fabulous and worked tirelessly throughout the week to allow each pupil to progress to the best of their ability.

During the week we were faced with a wide range of weather conditions from snow and ice to sunny days! The powder day proved to be most challenging as the snow was wet and heavy making it difficult to turn your skis. This day also came with very poor visibility. However, the snow fall allowed the slopes to be prepared beautifully for the

coming days. This year we had many beginner groups who showed enthusiasm and determination which allowed them to progress immensely over the week. They progressed from the nursery slopes, all the way up to red and even made it to the top of the mountain at Bormio 3000.

On the last day of skiing everyone took part in a slalom race perfectly commentated on by our very own Mr Thompson! The slalom proved challenging as the slope had become very icy. However, this did not stop pupils having fun and making the most out of their last day. At the end of the day, we finished lessons at 2.30pm to allow us time to have a presentation of awards for the race. Each pupil received a card and badge from their instructor which showed their level of skiing, proving just how much they achieved in that week.

The next morning, we went for a walk round the beautiful town of Bormio and did some shopping while waiting for our coaches to arrive to take us to the airport. We arrived at the airport, checked in, went through security and then grabbed a bite to eat before boarding the plane. After two hours on the plane, we arrived back in Dublin and then headed home. Everyone was greeted happily by their parents at 11pm, after a long day of travelling.

**Sophie McGrath and Cassie Huddleston – Year 14**









# Art







Terry Bradley with Sofia Wilcock

## SOFIA WILCOCK

Sofia is a 17-year-old student studying A-Level Art, English Literature and Classical Civilisation at Regent House School in Newtownards. Her aim is to study a BA in Fine Art at the University of Chichester.

Sofia was born in Guatemala and spent her early years in the Middle East before her family relocated back to Northern Ireland in 2011. As such, Sofia has been fortunate to travel extensively and has experienced first-hand many different cultures and traditions along with befriending people from many different nationalities. She believes this has influenced her love of portraiture as she is able to closely study the uniqueness of her subject's facial features and appearance.

Sofia often produced paintings and sketches as gifts for family and friends. At the age of eight she began using coloured pencils and entered her first competition in a local newspaper which she won.

At home her bedroom walls were adorned

with illustrations borne from experimental 'doodles' or anime characters she had created using alcohol-based markers.

However, it was during her GCSE Art course that Sofia discovered her love for painting. Her first works were often in acrylic but as she developed her techniques, she found a passion for watercolour paints as the unpredictability of the medium allowed her pieces to show movement in a way acrylic, oil and gouache could not.

Sofia often visits museums, galleries, art exhibitions and partakes in local art classes to further her personal development. She appreciates the works of Claude Monet as, despite the invention of photography during this period, he chose instead to paint in a style that showed the world not as it was but 'as it feels to be' meaning he was able to still capture the individual essence of the subject, or scene, he was viewing and translate that onto the canvas.

The Terry Bradley Art Competition was the first competition Sofia had entered as a young adult and she is grateful to receive this exciting opportunity to showcase her work today as a result of being a finalist.

## FLEETING ESCAPE



Everyday life can be challenging, frenetic and at times overwhelming. I wanted to create a piece of art that showed the many faces a person can 'wear' and the numerous (conflicting) emotions an individual can experience in a single day. To achieve this, I painted three separate portraits of my friend Eve, asking her to pose using different expressions: pained, wistful and finally calm. I then combined the three portraits into one final piece.

However, I also wanted my painting to offer a glimpse of positivity and to show that by allowing ourselves a moment to pause, to breathe, we can restore our inner strength and find peace. To achieve this, I positioned the portrait of Eve in a calm state, in the centre of the piece, also making it larger in size.

In addition, I added wings and a floral crown to differentiate her further and depict her in an ethereal-like form to emphasise her detachment from everyday reality.

I decided to paint this piece in watercolour, using soft and muted tones to evoke an overall sense of calm and peacefulness.



However, I chose to paint her wings using fine, intricate brush strokes to represent the fragility and fleeting nature of this temporary state of being.

## Sofia Wilcock







Mollie McMaster



Rachel Anderson



Holly Nicholl



Kathryn Matchett



Morgan Campbell



Morgan Campbell



Morgan Campbell

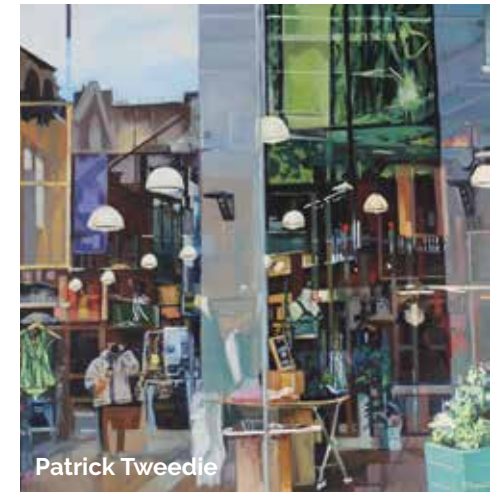




Owen Campbell



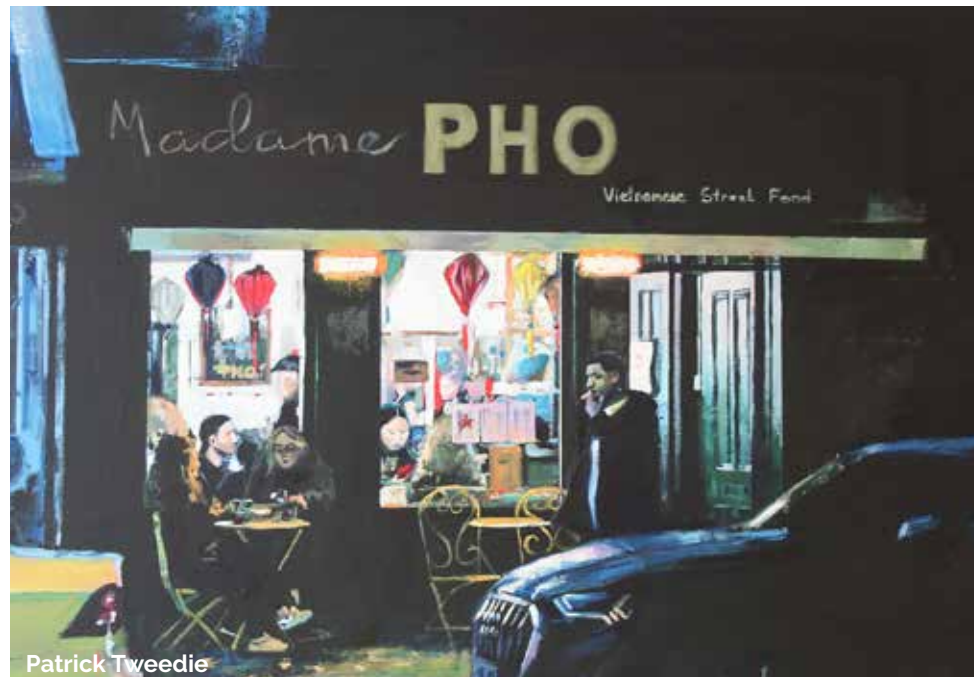
Owen Campbell



Patrick Tweedie



Hannah Monro



Patrick Tweedie



Sam Johnston



Charlotte McKenzie



# Magical musical moments...



Junior Chamber Choir winners



It has been another busy year in the Regent House Music Department. Our first event was Prize Day where the Chamber Choir performed Stopford's Irish Blessing and Orban's Daemon Irreperit Callidus. On Thursday 24 November Regent House Junior and Senior Chamber Choir travelled to the Hollywood Music Festival. They won both of their sections bringing home the Addy Cup and the Robinson Cup. The Senior Chamber Choir also won the Burnside Shield for the Best Secondary School Choir.

On Thursday 24 November we hosted our Autumn Concert. The Senior Concert Band opened the evening with impressive performances of Mission Impossible, Skyfall and Shut Up and Dance. The Junior Chamber Choir gave a rhythmic and poised performance of This Little Babe and moved the audience with their rendition of The Place Where the Lost Things Go from Mary Poppins Returns.

Our Rock Groups delighted the audience with their performances of Back to Black and Dreams, with vocals from Eve Whyte and Betsy Andrews. As usual the Big Band had everyone's toes tapping with Sanford and Son Theme and Don't You Worry 'Bout a Thing. The attention to detail and their ensemble playing was a highlight of the evening.

Our first ever all girls Sax Quintet performed Ain't She Sweet capturing the jazz style of this piece. Senior Chamber Choir performed Irish Blessing by Stopford and their personal favourite Daemon Irreperit Callidus.

A special mention must go to our GCSE and A level soloists Kathryn Matchett, Ellen Cowan, Daryl McCormick, Oliver Stevenson, Megan Diamond and Matthew Todd. Thank you to all our tutors who work so hard each week with our pupils helping them to perform at such a high level.



Senior Chamber Choir



We were excited to collaborate with the Drama Department for our production of Joseph and his Technicolour Dreamcoat and enjoyed a full house for three consecutive nights.

We finished the term with our annual Carol Service in St Mark's Parish Church, Newtownards featuring our Junior Choir, Junior Chamber Choir, Senior Choir, Senior Chamber Choir and String Ensemble.

We were delighted to host our Spring Concert this year on Thursday 23 March.

Our Senior Concert Band kicked off the evening with the impressive 'Selections from Incredibles 2 and Stevie Wonder in Concert. Their attention to detail and musicality was evident in their performances. Our Junior Choir enjoyed performing 'Jai Ho' and the emotive 'You Say'. Well done to Betsy Andrews (soloist for Jai Ho) and Chloe Connor who performed the opening of You Say beautifully! Our String Orchestra played 'Funny Fiddlin', 'Prelude from Hansel and Gretel' and Haydn's 'Allegro from Concerto Grosso'.

Our newly formed Brass Ensemble led by Miss Eagleson gave a powerful performance of 'Do You Hear the People Sing?' and 'In the Hall of the Mountain King'. Our Junior Concert Band is a first port of call for our young musicians. They impressed the audience with their performances of 'Don't Stop Believin' and 'The Groovemeister' and 'Smoke on the Water'. We are excited to hear their performances in the future and to see these young musicians move up to Senior Concert Band. Our Senior Choir never fails to disappoint and performed the rousing 'Nothin' Gonna Stumble' and the beautiful 'Ave Verum' by Karl Jenkins.

Our Chamber Choir have had a busy year of workshops and events and performed the impressive 'John the Revelator' complete with syncopated clapping! They captivated the audience with their

performance of 'Daemon Irrepat Callidus' One of the performances of the night was certainly 'Child of Wonder', a recent work by Eric Whitacre. Our Junior Chamber Choir are always up for a challenge and learned the rhythmically complex 'Geantrai' and 'Hushabye Mountain' from Chitty Chitty Bang Bang. Our Big Band always have everyone's toes tapping and this year was no different! They delighted the audience with 'Runaway Baby', 'Forget You' and 'Walk the Dinosaur' complete with choreographed walking through the audience!

Our smaller groups String Ensemble, Flute Ensemble and Saxophone Quintet showcased our musicians. Well done to the String Ensemble which was led by Year 14 pupil Kathryn Matchett. Our Rock Groups continue to be very popular. Our Junior Rock Group performed 'With or Without You' and our Senior Rock Group performed 'We are Young'.

Our two Young Musician of the Year winners had the honour of performing solos this year. Izzy Myles showcased her amazing technical skills and musicality with a performance of Horovitz's Sonatina for clarinet and piano. Luke McMordie gave an impressive performance of 'Some Skunk Funk'. Our night ended with our Senior and Junior Choir performing 'You Can't Stop the Beat' with solos from Katherine Todd, Maria Napier and Evan McClean and a surprise dance break from Peter Murray!

Our Chamber Choir were delighted to be invited to perform with The Bugles, Pipes and Bands of the Royal Irish Regiment at the Waterfront Hall. Our pupils arrived at the venue at 3pm and had the opportunity to rehearse the joint piece with the Chamber Choir of Ballyclare High School. They performed to a packed Waterfront Hall. What a fantastic experience!

Our Big Band were thrilled to perform at Saintfield Road Presbyterian Church Coffee and Family Morning on Saturday





1st April. With a few sleepy faces, pupils arrived at the venue, warmed-up and completed a sound check. They then enjoyed the relaxed atmosphere, along with many buns and cups of tea before the performance. When the Big Band began, the crowds gathered into the church to hear the fabulous sounds which included 'Sanford and Sons Theme', 'Don't You Worry 'Bout A Thing' and 'Respect'.

With plenty of foot tapping, clapping and even some dancing it was an excellent performance of two sets by the Big Band. Our pupils thoroughly enjoyed this fantastic opportunity to perform and help raise funds for Air Ambulance NI.

In March the Senior Chamber Choir enjoyed a workshop with Andrew Nunn, from Ulster Youth Choir. Many of our pupils auditioned and were awarded places in the National Youth Choir of Northern Ireland. Matthew Todd, Charis Macaw and Ellen Cowan performed with the National Youth Choir of Northern Ireland and Ellen Cowan and Izzy Myles performed with the Ulster Youth Orchestra. Ellen Cowan and Izzy Myles also performed in the band for BSPA's production of Les Miserables and Oliver at The Mac Theatre in Belfast. Oliver Stevenson and Katherine Todd performed in Les Miserables with BSPA and Eva Taylor performed with British Youth Music Theatre. Congratulations to all our musicians for a fabulous year of music. We look forward to another exciting year!

Our Junior Chamber Choir and Senior Chamber Choir performed at the Bangor International Choral Festival in April. The Junior Chamber Choir were awarded first place and the seniors took runner up in the Open Section against adult choirs.

On Wednesday 14th June the Music Department welcomed 43 pupils from five of our local Primary Schools, Abbey Primary, Castle Gardens, Model Primary,

Rathmore and Dundonald Primary. It was a jam-packed day which involved the pupils joining with the Regent Junior Concert Band and learning three pieces which they then performed at the end of the day. The three pieces were 'Don't Stop Believin', 'The Groovemeister' and everyone's favourite, 'Smoke on the Water'. We started the day with a lively performance of Waka Waka to get everyone warmed up and then all the pupils split up to start learning the music in sectional rehearsals. After break we continued our rehearsals and then we all came together for a final rehearsal before the big performance.

The band consisted of 65 pupils in total and it was a great experience for the primary pupils to play with the Regent band members and make such a fantastic sound. It was equally rewarding for the Regent pupils as they did a great job in helping to teach the music.

After a well-earned lunch, it was time for the concert. The band performed exceptionally, and even after learning the music in such a short space of time, performed with great musicality. We also had solo performances from our junior musicians: Kathryn Todd, Joshua Graham, Luke McMordie, Chloe Connor, Betsy Andrews, Treshon James, Taevon James and Rebekah Green.

Thanks must go to our senior pupils who helped on the day, and to the primary school teachers for their help in organising the event. What a fantastic day!

**Heather McIvor**



**Choir**



**Senior Chamber Choir, Runner-Up in Open Choral**





RHS at the Bangor Festival





# Archery Club

With the assistance of a local archery coach, Arthur Halligay, we launched Regent's Archery Club this academic year! The club is open to all year groups and meets every Tuesday after school in Ards Leisure Centre.

In the short period since the club was formed pupils have excelled, culminating in participation at the National Schools' Archery Competition in April 2023 where we achieved a silver medal (awarded to Jess Murray Year 11).

New members are always welcome, and all equipment is provided. We plan to build on our early success and grow the club over the coming years.

Mark Whiteside



Archery Team



# Athletics 2023

It was another fabulous and exciting athletics season for our Regent pupils with the addition of a new cohort of talent in Year 8 to add strength to our Regent team.

This magazine report simply highlights the medal achievements from the School Championships and does not review all competitions or athletes who participated and competed for Regent. I am extremely proud of all our athletes and would like to take this opportunity to thank the coaches and teaching staff who helped lead training sessions and coach the large number of athletes we have at Regent. I am also very grateful to Rapid Read and Dunluce Healthcare who very kindly sponsored our club this season.

## DISTRICT CHAMPIONSHIP SUCCESS

### MINI GIRLS

Sara Devany 2nd in the Mini Girls' 100m and High Jump

Lara Greene 1st in the Mini Girls' High Jump

Zoe Boyd 3rd in the Mini Girls' Shot

**Mini Girls' Relay team**- 2nd- Lara Greene, Sara Devany, Katie Johnston and Erin Coard

**The Mini Girls' team** placed 1st in Team points.

### MINI BOYS

**Mini Boys' Relay team**- 2nd- Zack Johnston, Ruairi Cahir, Matthew Irvine and Connor Irvine

### MINOR GIRLS

Eva Patton 1st in MG 75m Hurdles and 3rd in the 100m

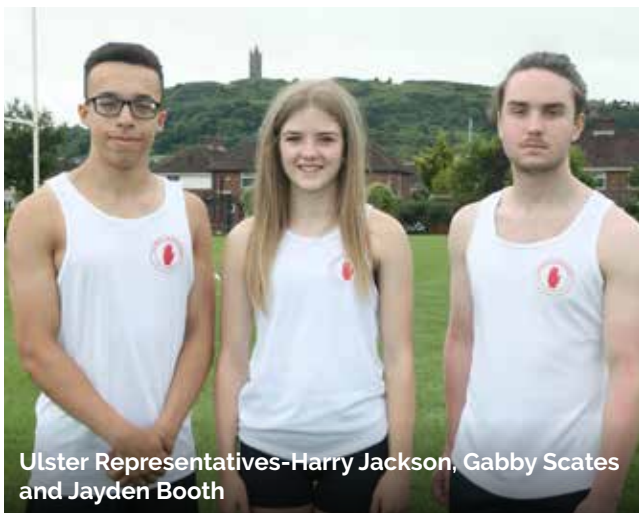
Daisy Forbes 2nd in MG 75m Hurdles and 1st in the Long Jump

Isla Henry 1st in the MG 100m

**Minor Girls' Relay team**- 1st- Emma Gilmore, Isla Henry, Eva Patton and Daisy Forbes

**The Minor Girls' team** placed 1st in Team points.





Ulster Representatives-Harry Jackson, Gabby Scates and Jayden Booth



Daisy Forbes (Long Jump)

### MINOR BOYS

Jack Bright 2nd in MB 75m Hurdles

Ewan Donald 2nd in the MB 100m

**Minor Boys' Relay team**- 2nd- Jack Heron, Ewan Donald, Ethan Crozier and Jack Bright

**The Minor Boys' team** placed 2nd in Team points.

### JUNIOR GIRLS

Gabby Scates 1st in JG 75m Hurdles and 200m

Janna Best 2nd in JG 75m Hurdles

Heidi Logan 1st in the JG 100m and 2nd in the Discus

Mia Leonard 3rd in the JG 800m

Anna McMillan 1st in the JG High Jump

Daisy McGuigan 1st in the JG Triple Jump with a new school record of 10.18 and 3rd in the 200m

Charlotte Glenn 1st in the JG Javelin

Hayley Ritchie 3rd in the JG Hammer

**Junior Girls' Relay team** - 1st- Anna McMillan, Daisy McGuigan, Gabby Scates, Janna Best and Heidi Logan

**The Junior Girls' team** placed 1st in Team points.

### JUNIOR BOYS

Zach McMinn 1st in JB Hammer and 2nd in the High Jump

Treshon James 1st in the JB 200m and 1st in the Triple Jump

Markus Allen 3rd in the JB 200m

Stephen Kelly 1st in the JB 80m Hurdles and 3rd in the High Jump

Finn McClean 2nd in the JB 80m Hurdles

Dylan Robinson 3rd in the JB Long Jump

**Junior Boys' Relay Team** - 1st- Stephen Kelly, Harrison Jamison, Treshon James and Markus Allen

**The Junior Boys' team** placed 1st in Team points.

### INTER GIRLS

Scarlett Fox 1st in IG 80m Hurdles and 300m Hurdles

Lottie Wilson 3rd in IG 80m Hurdles and 2nd in the Triple Jump

Lauren Taylor 1st in IG Steeplechase in a new School Record of 6.03.676

Holly Wilson 2nd in the IG High Jump

Lucy Kay 2nd in the IG 300m Hurdles

Laura Scott 2nd in the IG 1500m

Zara Steele 3rd in the IG Triple Jump

**The Inter Girls' team** placed 1st in Team points.

### INTER BOYS

Shea Donald 3rd in the IB 400m

Harry Jackson 1st in the IB 100m Hurdles and Triple Jump

Jayden Booth 2nd in the IB Long Jump

Mason McCreery 1st in the IB 800m.

Sam McClements 1st in the IB 1500m

James Wilson 3rd in the IB 400m Hurdles

Noah Miskimmin 1st in the IB Hammer.

**The Inter Boys' relay team** 2nd - Harry Jackson, Euan Monro, Jayden Booth and Kris Burgess.

### SENIOR GIRLS AND BOYS

Megan Brown 2nd in the SG hammer and 3rd in the SG Shot.

Kyle Thompson 1st in the SB 5000m and 1500m

Nathan Bell 3rd in the SB Hammer.

Rudy Mayne 3rd in the SB Steeplechase





### MINI GIRLS

Sara Devany came 3rd in the 100m with a best time of 13.73. She also finished an agonising 4th place in the High jump, with a new personal best of 1m37. With 3 Mini girls all clearing 1.37. Lara Greene finished 8th with a best jump of 1.28.

Zoe Boyd competed in the shot put, failing to achieve the top 6.

**The Mini girls' relay team** came 1st: Erin Coard, Sara Devany, Katie Johnston and Lara Greene. The girls improved by over a second from their District time with a 55.18, slightly slower than their heat time of 54.51.

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### MINOR GIRLS

**The Minor Girls' team** had some excellent performances with Isla Henry winning the 100m, defending her title from last year, with a new personal best of 13.29. Eva Patton finished 5th in the 100m with a time of 13.85, she showed her class in the 75m Hurdles on Friday night winning the title in a new personal best of 12.09. Daisy Forbes narrowly missed 3rd place in the 75m Hurdles with a time of 12.41, she also competed in the long jump on Saturday finishing in 7th place.

Isla, Eva and Daisy were joined by Emma Gilmore to finish 1st in the relay in a time of 54.07.

**The Minor girls' team** came 1st in team points, winning the Minor Challenge Cup.

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### JUNIOR GIRLS

**The Junior Girls' team** showed their depth and strength across the events. Gabby Scates finished 1st in the 75m Hurdles with a best time of 11.81 and Janna Best was 2nd in 12.68.

Heidi Logan ran 13.8 in the 100m heats and finished 8th in the discus with a best throw of 20.10.

Gabby Scates finished 2nd in the 200m in a new personal best of 26.78, placing her 5th in the school all time records. Daisy McGuigan finished 6th in the same event, with a time of 28.35.

Mia Leonard battled hard in a fast paced 800m with the winner running a 2.15!

Anna McMillan finished 4th in the high jump with a best jump of 1.43, losing out on count back for 3rd.

Daisy McGuigan maintained her form in the triple jump with another 10 metre performance (10.02), claiming the Ulster Title.

Charlotte Glenn came 4th in the javelin, in her second ever competition with a best throw of 24.47.

Hayley Ritchie competed in the hammer.

The Junior girls regained their relay title with 2 excellent runs in their heat and final with a best time of 52.39. The 5 girl team included Anna McMillan, Gabby Scates, Daisy McGuigan, Janna Best and Heidi Logan.

**The Junior girls' team** came 1st in overall points, winning the Junior Challenge Cup.

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### INTER GIRLS

**The Inter Girls' team** juggled their performances between examinations. Scarlett Fox finished the final in 5th place with a personal best of 13.37 and Lottie Wilson was 7th in 14.42. Scarlett competed again in the 300m Hurdles finishing in 6th place in a time of 53.47 and Lucy Kay was 7th in 54.65.

Holly Wilson competed in the high jump. Zara Steele had a personal best performance in the triple jump with a best jump of 9.81 finishing in 3rd place and grabbing an Irish Schools' qualification. Lottie Wilson finished 6th in a best jump of 9.30.

Lauren Taylor finished 2nd in the 1500m steeplechase with a time of 6.08.35.

Megan Brown was our only Senior girl qualifier; she finished 7th in the hammer with a best throw of 17.75 and 6th in the shot with a best throw of 7.27.

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### MINI BOYS

**The Mini Boys' team** were 4th in the relay in a new personal best time of 55.23. Hopefully next season we can achieve a greater number of representatives from Regent in this age group.

### MINOR BOYS

**The Minor Boys' team** were led by Ewan Donald who ran a personal best in the 100m of 11.98 to finish 2nd in a competitive race. Jack Bright finished 4th in the 75m Hurdles in 13.48.

The relay team of Jack Heron, Ewan Donald, Ethan Crozier and Jack Bright finished 2nd in 50.2 and booked their place at the Irish Schools' Championships.

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### JUNIOR BOYS

**The Junior Boys** excelled with Treshon James finishing second in the 200m with a new personal best of 24.68 and Markus Allen was 7th in 25.76.

Finn McClean won the 80m Hurdles in 12.86 and Stephen Kelly was 3rd in a time of 12.87, the judges going to a photo finish to split the medals.

Zach McMinn and Stephen Kelly competed in the high jump and Dylan Robinson in the long jump.

Treshon James claimed his 2nd silver medal in the triple jump with a best jump of 10.97.

Zach McMinn was 5th in the hammer with a best throw of 24.69.

The relay team of Stephen Kelly, Harrison Jamison, Treshon James and Finn McClean finished 2nd behind St Michael's Enniskillen with a new personal best time of 47.42.

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### INTER BOYS

In **the Inter Boys' section**, Shéa Donald finished 5th in the 400m with a time of 54.37. Mason McCreery was 6th in a fast paced 800m final in a new personal best time of 2.02.82.

Sam McClements was 8th in the 1500m in a time of 4.34.86.

Harry Jackson was 3rd in the 100m Hurdles in a time of 16.25 and 3rd in the triple jump in a best jump of 11.6

Jayden Booth was 3rd in the long jump in 5.60.

Noah Miskimmin was 7th in the Hammer with a best throw of 21.71.

**The Inter Boys' relay team** of Harry Jackson, Euan Monro, Jayden Booth and Kris Burgess pipped a surprise gold medal in the relay in 46.71.



## SENIOR BOYS

The small but mighty **Senior Boys' team** grabbed 3 medals, starting with Rudy Mayne claiming 3rd place in the 1500m steeplechase in 7:26.30. Kyle Thompson was 1st in the 5000m in a time of 14:53.80 and 2nd in the 1500m in a new personal best of 4:04.4. Nathan Bell represented Regent in the Hammer late on Friday night, finishing in 6th position with a best throw of 18.23.

**THE GIRLS CLAIMED THE TOP SPOT OF SCHOOLS' IN ULSTER IN THE OVERALL POINTS AND THE BOYS FINISHED SECOND. THIS IS AN EXCELLENT ACHIEVEMENT.**



NI champs Finn McClean and Ewan Donald



Daisy McGuigan (Triple Jump)



Treshon James (Triple Jump)



Grace Gibson (High Jump)



Harrison Jamison (Relay)



Finn McClean (Hurdles)



## IRISH SCHOOLS'- JUNE 2023

After a very successful District and Ulster Schools' Championships, 26 Regent Athletes travelled to Tullamore to compete at the Irish Schools' Athletic Championships in June. This is the highest number of qualifying athletes in the history of the school. 14 Athletes were participating in individual events and 5 relay teams qualified.

It was an extremely hot competition, on the track and in temperature! I am delighted to report that 5 medals were won, 2 individual gold medals, 1 individual bronze and a silver and bronze in the relays. There were several extremely close finishes and a quite a few athletes finished 4th. The Junior girls continued to show dominance and won the Overall team points for their age group, this has not be achieved since 1998!

Daisy McGuigan- 1st place- Junior Girls' Triple Jump- 9m 99

Gabby Scates- 1st place- Junior Girls' 75m Hurdles- 11.74

Gabby Scates- 4th place- Junior Girls' 200m- 26.17  
(NEW PERSONAL BEST)

Janna Best- 6th place- Junior Girls' 75m Hurdles- 12.53

Eva Patton- 4th place- Minor Girls' 75m Hurdles- 12.14

Isla Henry- 7th place- Minor Girls' 100m- 13.58

Zara Steele- 9th place- Inter Girls' Triple Jump- 9m 21

Lauren Taylor- 9th place- Inter Girls' 1500m  
Steeplechase- 6.08.42

Ewan Donald- 3rd place- Minor Boys' 100m- 11.73  
(NEW PERSONAL BEST AND SCHOOL RECORD)

Finn McClean- 4th place- Junior Boys' 80m Hurdles- 12.21

Treshon James- 6th place- Junior Boys' 200m- 24.97

Treshon James- 6th place- Junior Boys' Triple Jump- 10m 82

Jayden Booth- 8th place- Inter Boys' Long Jump- 5m 65

Harry Jackson- 9th place- Inter Boys' Triple Jump- 11m 49

Kyle Thompson- 7th place- Senior Boys' 5000m- 15.49.52

Rudy Mayne- 10th place- Senior Boys' 2000m  
Steeplechase- 7.19.39 (NEW PERSONAL BEST)

## RELAY RESULTS

**Minor Girls' 4 x 100m relay team** - Emma Gilmore, Isla Henry, Eva Patton and Daisy Forbes- 6th place- NEW SCHOOL RECORD 53.76

**Minor Boys' 4 x 100m relay team** - Jack Bright, Ewan Donald, Ethan Crozier and Jack Heron- 4th place- NEW SCHOOL RECORD 49.69

**Junior Girls' 4 x 100m relay team** - Anna McMillan, Gabby Scates, Janna Best and Heidi Logan- 2nd place- NEW SCHOOL RECORD- 51.93

**Junior Boys' 4 x 100m relay team** - Stephen Kelly, Harrison Jamison, Treshon James and Markus Allen- 3rd place- NEW PERSONAL BEST- 47.17

**Inter Boys' 4 x 100m relay team** - Harry Jackson, Euan Monro, Jayden Booth and Kris Burgess- 4th place- NEW PERSONAL BEST- 46.14

## YEAR 8 TEAM COMPETITION

Congratulations to our Year 8 girls who won the Ulster Schools' Year 8 Team Championships held at Antrim Forum in June. Sara Devany jumped to gold in the long jump with a new personal best of 4.63 and finished 2nd in the 100m final with a time of 13.5 seconds. Sara's jump of 4.63 is a new school record! Lara Greene came 2nd in the high jump with a best jump of 1.42 in a new personal best and equalled the Minor girls' school record held by Mia Allman in Year 12. Erin Coard was 7th in the shot with a throw of 6.72. Katie Johnston came 6th in the 800m 2.51.4. The girls came together to win the 4x100m relay in a time of 55.5

## ULSTER REPRESENTATIVES

Gabby Scates, Harry Jackson, and Jayden Booth represented Ulster at the Schools' Interprovincial in Carlow in June.

## SPORTS DAY

Sports Day was held at Ballykillaire Sportsplex on the 13th June and it was great to see so many pupils from Year 8-11 competing for their house to gain valuable points. The following pupils gained the overall awards for their year group:

### YEAR 8 GIRLS

3rd- Brooke Melville 18  
2nd- Lara Greene 21  
1st- Sara Devany 28

### YEAR 9 GIRLS

3rd Emma Gilmore 22  
2nd Daisy Forbes 24  
1st Eva Patton 26

### YEAR 10 GIRLS

3rd Daisy McGuigan 24  
2nd  
1st Joint award to Gabby Scates and Charlotte Glenn 25pts

### YEAR 11 GIRLS

3rd Scarlett Fox 19  
2nd Laura Scott 23  
1st Zara Steele 24

### YEAR 8 BOYS

3rd Ruairi Cahir 16  
2nd Connor Irvine 17  
1st Matthew Irvine 23

### YEAR 9 BOYS

3rd Calum Megarity 18  
2nd Jack Heron 23  
1st Ethan Crozier 24

### YEAR 10 BOYS

3rd Joint on points - Treshon James and Finn McClean 21  
2nd Stephen Kelly 23  
1st Harrison Jamison 26

### YEAR 11 BOYS

3rd Daniel Craig and Matthew Callaghan 16  
2nd James Wilson 19  
1st Mason McCreery 26

## SPORTS AWARD WINNERS - ATHLETICS

Individual Award winners-

**Sprint Award** - Harrison Jamison, Isla Henry

**Jump Award** - Harry Jackson, Daisy McGuigan

**Throw Award** - Charlotte Glenn, Zach McMinn

**Distance Award** - Kyle Thompson, Lauren Taylor

**Hurdle Award** - Finn McClean, Eva Patton

**Hamilton Sprint Cup** - Ewan Donald

**Mitchell Shield for Hurdles** - Gabby Scates



## CROSS COUNTRY ACHIEVEMENTS

### DISTRICT CHAMPIONSHIPS SUCCESS - DELAMONT

**MINI GIRLS** - Sara Devany as an individual (4th place) and the Mini Girls' Team who finished 3rd (Sara, Eve Wilkins, Cadey Moore, Rachel Sutherland, Brooke Melville and Ellyce Robinson)

**MINOR GIRLS** - Viktorija Lasinyte (8th place)

**INTER GIRLS** - Lauren Taylor (11th place)

**JUNIOR BOYS** - Luca Murray (7th place)

**INTER BOYS** - Mason McCreery (8th place)

**SENIOR BOYS** - Kyle Thompson (1st place - District Champion)



Gabby Scales



Ewan Donald



Daisy Forbes, Eva Patton,  
Emma Gilmore, Isla Henry



Junior Girls Winners  
Heidi Logan, Janna Best,  
Daisy McGuigan, Anna McMillan

## ULSTER SCHOOLS' CHAMPIONSHIPS - MALLUSK

Sara Devany (12th place)  
Eve Wilkins (43rd place)  
Cadey Moore (44th place)  
Rachel Sutherland (53rd place)  
Brooke Melville (72nd place)  
Ellyce Robinson (111th place)

Viktorija Lasinyte (73rd place)  
Luca Murray (43rd place)  
Lauren Taylor (35th place)  
Mason McCreery (89th place)  
Kyle Thompson (1st place)

**The Mini girls' team** finished 4th overall with Sara Devany finishing an impressive 12.

The final race of the day was the **Senior Boys' race** and our Year 14 pupil, Kyle Thompson gained the Ulster Title, he ran a fantastic race and controlled the race from the front. Kyle then went on to compete at an incredibly challenging Irish Schools' race in Waterford.

R Mitchell-Cram



Irish Championship Qualifiers



Junior Boys - Markus Allen,  
Finn McClean, Treshon James,  
Harrison Jamison, Stephen Kelly



Daisy McGuigan



Minor Boys - Ewan Donald, Jack Heron,  
Jack Bright, Ethan Crozier



Inter Boys - Kris Burgess,  
Euan Monro, Harry Jackson



# Dance

## ANOTHER SUCCESSFUL YEAR FOR DANCE AT REGENT!

Regent House Dance has enjoyed another great year of success! Our Junior and Senior Teams have worked tirelessly all year rehearsing after school, at lunchtime and in their own free time to perfect their routines. Their hard work paid off and they showcased some of the best group, trio, duet and solo routines we have seen yet.

Our teams competed at the Northern Ireland Creative Movement and Aerobic Championships (NICMAC) and the Ulster Fitness and Dance Championships in March. Unfortunately, due to heavy snowfall, NICMAC was cut short and our senior duets and trio did not get the chance to perform. However, they were able to perform at Ulster's. Their incredible results are listed below:

### NICMAC

- 1st place Junior Acro Solo - Hollie Aiken
- 1st place Junior Dance Duet - Zoe Willis & Gabby Scates
- 1st place Intermediate Dance Duet - Maria Napier & Allie Thompson
- 1st place Intermediate Street Dance Duet - Brooke Brown & Zara Gilmore
- 1st place Senior Acro Solo - Rebekah Monahan
- 2nd place Intermediate Lyrical Solo - Maria Napier
- 3rd place Senior Lyrical Solo - Beth Connery
- 3rd place Junior Dance Team

### ULSTER'S

- 1st Place Junior Acro Solo - Hollie Aiken
- 1st Place Junior Lyrical Solo - Katherine Todd
- 1st Place Intermediate Hip Hop Duet - Brooke Brown & Zara Gilmore
- 1st Place Intermediate Modern Duet - Allie Thompson & Maria Napier
- 1st Place Y13 Lyrical Solo - Victoria Ferguson
- 1st Place Y14 Lyrical Solo - Beth Connery
- 1st Place Y14 Acro Solo - Rebekah Monahan
- 1st Place Senior Trio - Kayleigh Scott, Carysa Comfort & Kerri Walsh
- 2nd Place Junior Team
- 2nd Place Intermediate Lyrical Solo - Maria Napier
- 2nd Place Senior Lyrical Duet - Nicole Donkin & Nicole Graham
- 2nd Place Senior Modern Duet - Kayleigh Scott & Carysa Comfort
- 3rd Place Junior Modern Duet - Gabby Scates & Zoe Willis

### OVERALL AWARDS:

**Highest Scoring Junior Solo** - Hollie Aiken

**Highest Scoring Intermediate Duet** - Allie Thompson & Maria Napier

Beth Connery (Year 14) captained our team excellently, choreographing an outstanding senior routine. Our senior girls regularly helped with our juniors, encouraging them and building their confidence. There are multiple Year 14 girls who have been part of Dance Team over the years – Beth Connery, Rebekah Monahan, Emily Jueno, Erin Freeburn, Atlanta Greer and Eve McClements – we wish them all the best in their chosen paths.

Last year Mrs Moore, who had led Dance Team for many years, took a step back and we want to thank her for the incredible hard work and dedication she has shown RHS Dance.

The girls have brought so much fun and joy each week and have conducted themselves excellently at practice and competition. We are blown away by how talented they are and are so proud of everything they have achieved.

Mrs Calvert & Mrs Kerr



Hollie



Junior Team



Brooke & Zara



Junior Team





Junior Team



Senior Team



Senior Team



Rudi & Nicole



Rudi



Hollie - Highest Scoring Junior Solo



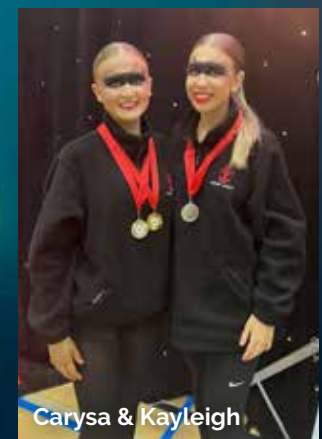
Beth 1st Place Lyrical Solo



Senior Team



Rebekah 1st Place Acro Solo



Carysa & Kayleigh





Katherine  
1st Place Lyrical Solo



Zara & Brooke  
1st Place Hip Hop Duet



Katherine



Brooke & Zara



Kerri, Carysa & Kayleigh  
1st Place Trio



Victoria  
1st Place Lyrical Solo



Nicole & Nicole



Maria & Allie  
Highest Scoring Duet



Nicole & Nicole  
2nd Place Duet



Zoe & Gabby



Allie & Maria



# Football

Football continues to grow in Regent House and during the 2022/23 season we fielded three teams, on a regular basis, in nine different competitions.

The 1st XI, captained by both Adam Sloan and Brodie Girvan-Ryans, came a creditable 3rd in the Grammar Schools' League and reached the last 16 of the Northern Ireland Plate and competed in the Northern Ireland Senior Cup and the Belfast Under 18 Cup. In the Northern Ireland Senior Cup, we lost on penalties to Grosvenor Grammar School who went on to reach the semi-final of the competition.

The 2nd XI had regular games and competed with great credit against 1st XI teams from other schools in the group stages of the Belfast U18 Cup.

The U16 team, captained by Charlie Finlay, had a successful but ultimately unlucky season, losing 3 penalty shootouts in 3 different competitions. Away games to Christian

Brothers, Omagh, in the NI Cup and Devenish College, Enniskillen, in the NI Plate saw us exit via the dreaded spot kicks. However, it was the final of U16 Belfast Shield at the Blanchflower Stadium Belfast that provided the biggest heartache. Emphatic 4-0 victories over Fort Hill in the quarter-final and Ashfield in the semi-final meant the U16 team went to the final brimming with confidence. In front of 200 travelling Regent supporters we took the lead, only to see opponents Grosvenor Grammar School equalise in the 2nd half. After extra time, we lost on penalties to a Grosvenor team who made the final of the NI U16 Cup. Disappointing, yes, but there is immense pride for the team's achievement in getting so far.

The 2023/24 season will see Regent field 4 teams at both U18 and U16 level and embark on a 5-day football development tour to Spain. 48 boys and 5 staff will visit Barcelona and Valencia and train at the Villarreal FC Youth Academy.

We look forward expectantly to another successful season.

**P Fitsimmons**



1st XI Football Team



2nd XI Football Team



U16 Football Team



# Boys' Cricket

Cricket at Regent has continued to grow during the school year 2022/23.

The captain of the 1st XI was Ryan Copeland and the team competed in both the Senior Schools' Cup and Plate. Due to exam commitments the team didn't play as many games as we would have liked, but the games we did play were enjoyable!

It is further down the school where we are seeing real progress being made:

The U15, U14 and U13 teams trained regularly indoors during the winter, outdoors in the summer, and the school took part in Saturday and midweek fixtures. The U15 team, captained by Zac Parker, made the final of the U15 Schools' Plate where they were defeated by Friends' School Lisburn. The U14 team, captained by Joel Parker, also made it to the final, losing narrowly to Methodist College Belfast in the U14 Schools' Plate. The U13 team, captained by Jaxon Dines, were the most enthusiastic of all the teams, both in terms of training and during matches, and it was brilliant to see their commitment.

P Fitzsimons

# Hockey

## BOYS' 1ST XI HOCKEY REPORT

The 1st XI boys' 2022/23 hockey season saw almost a completely new team of boys having to step up and represent Regent at the top level and carry the momentum from Regent's previous success in the last season. This was the last chance for 4 boys to compete for Regent, and with some disappointing seasons through the years, we had to make the last the best.

Unfortunately, the hope of qualifying for Irish Schools' was quickly shut down early in the season, but we didn't let this shake the hopes of future successes further in the season. Not long after we faced Belfast Royal Academy (BRA) and achieved a 1-0 victory we still came away feeling we could have performed better. We had our work cut out for us if we wanted to get the most out of this season.

Our McCullough Cup campaign came and went with one of the toughest groups possible consisting of some of the top competitors such as Banbridge Academy and Royal Belfast Academical Institution (INST). This left us with one last opportunity, the Burney Cup. We had time before the Burney Cup began so we got to work in training and matches where we faced some losses, but also had good results such as a 1-1 draw against Raphoe and a 3-1 win against Grosvenor Grammar School.

With all our preparation we were ready to compete in the Burney Cup. Firstly, we faced Portadown at home who were one of the toughest in our group, but we didn't let that affect our performance and we came away with a draw after scoring in the last quarter to make it 2-2 which couldn't have been done without our goalkeeper Rory Cunningham who had stepped up for his first match in the 1st XI (only being in 3rd form) and gave an amazing performance which stuck throughout the rest of the season. Lurgan was the second match in our group, and we didn't know what to expect because we had not faced them before, but we came out swinging and won 8-0 only strengthening our mindsets for our next matches. Then came the two hour long journey up to Donegal to play Raphoe for our third match. Sadly, we couldn't spend the long journey back celebrating because

of an unfortunate 2-1 loss, but it wasn't completely lost because we still had our last match against BRA. We looked to improve from our last match against them and we did with a 4-1 victory this time around easing some of the pain from our loss to Raphoe, but another trip to Raphoe was on the cards. It was like déjà vu because we made the same trip to have the same scoreline which meant we were out of the Cup and put into the Plate.

Being out of the Cup was a tough pill to swallow, especially due to such a frustrating match, but we couldn't let it get to us because we still had the Plate where we played Lurgan in the quarter-finals. We made the bus journey home from Lurgan enjoying a 4-0 victory with two incredible drag flicks from Matthew Bruce putting us in the semi-finals. In the semi-finals, we faced a tough opponent, Cookstown, and with a gruelling match with a bit of snow we lost putting us out of the Plate and ending the season, but I couldn't have been prouder to see the boys put up a fight despite the cold conditions – they pushed to the end. This shows how much we had grown from the start of the season.

Even with a sad end to the season, it's good to look back at some of the memories made. I know I'll look back fondly at my time playing for Regent and I hope the other three boys leaving do as well. I am sure the boys next season and in future seasons will continue to make great memories and I look forward to hearing about future successes for Regent. The future does look bright for Regent with players such as the previously mentioned Rory Cunningham (3rd form) to represent Regent as the 1st XI goalkeeper, and Dominic McGrath (4th form) who put in some great work this season whether that be up front or defence.

I would like to thank our coaches Mr Cross, Mrs Millar and Chris McSherry for pushing us during every Monday training session and each match despite it being frustrating at times. I wish them all the best in leading the boys to some great wins in the future. We couldn't have done it without them.

I couldn't have wished for a better season to be captain. Even though it wasn't filled with cups and trophies, we still had some great wins. Even without the wins I still would've have enjoyed it because of the great group of boys and coaches I got to play alongside. I hope that future captains can come away saying the same thing and have some great things to say in their reports. My best wishes for the future of Regent boys' hockey.

**Jacob Walmsley (Captain)**





Boys' Hockey First XI Squad



Boys' Hockey U13



Boys' Hockey U15



Year 8 Boys' Hockey Squad



# Hockey

## BOYS' HOCKEY: DUTCH TOUR

In March, 21 boys from Regent House Boys' Hockey embarked on a tour to the Dutch capital, and in many ways 'home of hockey', Amsterdam. With a mixture of age groups, ranging from Year 8 up to Year 13, it provided the boys with some fantastic exposure to excellent coaching, top-level Hoofdklasse hockey and cultural exchange opportunities for the boys and the host clubs.

Setting off from Dublin early on Wednesday morning, the boys landed in Amsterdam in high spirits, excited by the packed agenda. After a brief stop-off to drop belongings at our central hostel, the boys had a quick turnaround before our first fixture of the tour, against Pionier-based club MHC De Kijkers ('The Frogs').

The Dutch side had laid out all the formalities for the boys, with a walkout by two KNHB umpires led by captain, Patrick Kerr. In a closely contested game, the hosts came away as 3-2 winners. Alongside some stellar defensive work from goalkeeper Rory Cunningham, Callum Burgess was nominated as the Regent House player of the match after some confident and composed play on the left-hand side. The post-match celebrations were the real takeaway from the evening, as De Kijkers provided a very welcome and well-received dinner. Captain Patrick Kerr led the boys in a rendition of a Northern Irish tune before presenting the host captain with a unique gift, of a Regent House tour shirt, with the hosts kindly returning the generosity providing each player with a giftbag of Dutch treats.

Thursday started with a rare treat for the group (and the coaches), as we visited Dutch top-flight club Pinoké HC for a session with the Women's 1st XI and Netherlands U16 head trainer Daan Sabel. The boys learned elements of the Dutch 'touch-pass' philosophy and worked on their positioning around the D, before a fun training game to finish.

After lunch at Pinoké's club house we walked the short distance to the Wagener Stadion, the Dutch national stadium, where we were lucky to witness an Amsterdam HC Women's 1st XI training session; before being treated to HC Blomendal against Amsterdam HC men's sides in a pre-season friendly. The boys were delighted as the Hoofdklasse players were very generous with their time, chatting with the boys and posing for numerous photos.

Following on from the hockey, we switched our attention to football as we paid a visit to the famous Johan Cruyff ArenA, the home of AFC Ajax. The stadium tour gave access to the superb facilities of the Ajax changing rooms as well as the pitch-side technical area, before an extensive visit to the club shop.

Thursday evening saw the team make the short journey to Haarlem, where we played our second game against HC Haarlem. Captained by Harry McLaughlin, the side went in to half-time 2-1 down, but a flurry of goals from the hosts towards the end of the game saw them come away as 5-2 winners.

However, spirits weren't dampened by the scoreline as the boys enjoyed a second night of post-match festivities, with dinner and a presentation of another tour shirt to Haarlem's captain made by Harry, before a rousing rendition of 'Ireland's Call' from the squad.

Friday began with a well-earned lie-in for the team (and staff!) as our Friday

fixture was later in the day. As such, we hopped on the train and made the trip across Amsterdam to the suburb of Zaanse Schans, a traditional Dutch village consisting of numerous windmills, museums, shops and workshops on the banks of the Zaan river. The boys enjoyed exploring the area with opportunities to see how Dutch clogs are produced, as well as ample varieties of stroopwafels and poffertjes on offer.

Heading back to our accommodation for some lunch, we then headed down the motorway to IJsselstein, on the outskirts of Utrecht, where we took on local club HC IJsseloever. Looking smart in our full white kit, Captain Matthew Bruce lead the side out for the final fixture of the tour. Putting into practice some of our new-found knowledge, the boys competed with the Dutch side for most of the game, but a strong third quarter saw the hosts take a comfortable lead. After 3 hard games and a training session, tiredness set in during the last quarter as HC IJsseloever were able to hold on for the win.

Post-match, the boys saw a new lease of life as their hosts held a pizza party and gave out ice creams and some gifts. There was just enough time to squeeze in some football before we headed back up to our accommodation for a very early lights out!

Saturday saw us explore Amsterdam by boat. Organised by our tour operator, we took in the Oude Kerk, the Anne Frank House, the Westerkerk, Rembrandt's house and the Waterloo flea market, before stopping off to see Dam Square and the Royal Palace. We then headed to the district of Amstelveen, where we explored the old Olympic Stadium before paying a visit to a major Dutch hockey shop. With the boys stocking up on some new kit, sticks and supplies, we were generously given some new sunglasses

and wristbands by the owners, before taking the short walk to THC Hurley to catch a Saturday evening women's Hoofdklasse game.

Hurley took on Pinoké, as we got to watch coach Daan's side in action in their opening league fixture. The boys enjoyed a very exciting end-to-end game that saw Pinoké take the lead, before Hurley equalised late on, but when Pinoké had a late penalty stroke saved, the momentum shifted to the home side as they snatched a late winner.

Saturday evening saw the boys enjoy a night relaxing at the hostel, as they held a pool and table-football competition, before a table quiz was suspiciously won by Mr Robb and Mr McCready.

On to Sunday, and our last day, our final stop brought us to The Hague, where we watched a local derby between newly-promoted Klein Switzerland and HDM HC. Owing to the excellent facilities at the club, the boys had the opportunity to try-out their newly bought kit as they enjoyed a couple of free hours playing and practising. As we packed everything on to our bus for the airport, our host Monique generously provided the boys with some Dutch stroopwafels to snack on.

Regent House Boys' Hockey would like to thank all the parents of our boys for supporting us over the season and encouraging the boys to undertake the trip, which we hope will have inspired them with the opportunities that the sport can provide. We would like to thank Monique from Field Hockey Travel for being a fantastic, welcoming and informative host; as well as Living With The Lions for organising a packed and fun itinerary for the boys. Thanks to MHC De Kijkers, HC Haarlem, HC Pinoké and HC IJsseloever for hosting us and making the boys feel very welcome.



A huge thanks too to our very generous sponsors, Burch Autos, who have supported Regent House Boys' Hockey across the year, and to Electric Cars NI, who came on board especially for our tour.

Finally, our thanks to Mr McCready, Mr Chris McSherry and Mr Robb for all their efforts in arranging and overseeing the tour, which was a great success.

Chris McSherry (school coach)



Ready to go



De Kickers walkout



King of the Match Callum



Arriving at De Kickers



De Kickers v RHS



Captain Harry



De Kickers post-match



Pinoké training



HC Pinoké





Walkout v Ijsseloever



Captain Jack



Table Quiz



AFC Ajax



Team talk v Ijsseloever



Dam Square



RHS v HC Haarlem



Zaanse Schans



Ijsseloever



Hoofdklasse



Clogs workshop



Post-match v Ijsseloever



Enjoying the Hoofdklasse



Olympic Stadium



Zaanse Schans



**GIRLS' HOCKEY**



Girls' Hockey First XI



Girls' Hockey 2A XI



Girls' Hockey 2B XI



Girls' Hockey Third XI





Girls' Hockey Fourth XI



Girls' Hockey U14 A



Girls' Hockey U14 B



Girls' Hockey U13 A





Girls' Hockey U13 B



Girls' Hockey U12

# Equestrian



Equestrian Team



# Rugby

## 1ST XV

Another strong year for Regent rugby began during preseason in August. Former Ulster coach, Brian McLaughlin took the helm as head coach, and began instantly integrating the new system into the squad. An impressive group of Year 12 players joined the squad and were at home from the beginning. Assisted by Palmer Eccles, Robbie Johnston and Mervin Tweed, Brian had the squad well prepared for our first match.

We began with a well-earned victory against Friends' School with many players making their 1st XV debut. This set the tone for the rest of the season and allowed us to begin building on each weekly performance. The coming weeks saw us play tough fixtures against the likes of Campbell and Enniskillen, which readied us to play arguably one of the biggest games of the season, our clash against local rivals, Bangor Grammar. This was for the Tower Cup which was won last year by Regent so we were all keen to retain it. After a hard-fought match with tries scored by Ben McCreedy, Shay Duckett, Zach Campbell and Reuben O'Rorke, we won the match 24-10 retaining the Tower Cup. Unfortunately, during the match our pack leader, Michael Lytle, sustained an injury which would put him out of action for the weeks to come.

Following this win our focus switched to the Schools' Cup. Preparation began and it was important that we drew on experience from the games we had played so far. With the new group stage format, our Cup campaign began against Grosvenor Grammar School, with

Enniskillen and Omagh also in our group. A comfortable 26-0 win for Regent had our hopes high for the coming matches. Next to play was Enniskillen, which was a tough fixture having lost to them earlier in the season. Regent led 19-7 at half time but unfortunately inexperience and a bad finish led to a loss, dropping valuable points. After a run of poor weather leading to our final group stage match being postponed, we finally played Omagh at home. It was a very close match which ended with a well-earned Regent victory, finishing 17-12. Unfortunately, the loss against Enniskillen proved detrimental and we didn't make it through to the next round of the Schools' Cup having not earned enough bonus points. All eyes then turned to our Schools' Bowl match vs Banbridge but sadly, with a few injuries and players missing, Regent weren't able to get over the line and a loss to Banbridge put and end to the campaign.

Finishing the year, a few more wins allowed us to end on a high, looking forward to our senior rugby tour to Lisbon. It was an amazing experience for all players involved and it included a Benfica stadium tour, beach day, Portugal rugby match and, of course, our own rugby matches. The 1st XV won 1 out of 2 matches against local teams, both very enjoyable, in which we encountered different styles of play.

In conclusion, it has been a successful and enjoyable season with many highs and lows. It was a great end to the Year 14's school rugby career and allowed Year 12 and 13 players to gain valuable experience for next year. There are high hopes for next season with strong Medallion players coming through who will add to the already impressive squad.



1st XV Rugby Squad



Ulster Rugby Development Players





2nd XV Rugby Squad

## 2ND XV

The 2nd XV season started out strong with an injection of talent and numbers from a lot of 5th years moving into the senior set up which allowed the 2nds to play with a full squad every week. Early in the season the 2nds were faced with the local derby against Bangor Grammar where we got revenge from our narrow defeat last season by winning 34-0. This was a highlight of the season for the squad. The 2nds Cup started just before Christmas in round 2 away to Dalriada where we came away victorious 18-7. We progressed to play Lurgan in round 3 at home, where we won 56-0. This put us through to play Sullivan in the quarter-final of the Schools' Cup. The lads travelled up to play at Sullivan Upper school, but with a big crowd watching the pressure got to us and we fell at the final hurdle after a long hard battle, where we ended up losing 22-10. However, everything was left on the pitch, and we were proud of the run we had. To sum up the season: we really developed and grew throughout the season and got some encouraging results.

With a lot of young players in the team, who will progress into the 1st XV next season, it will be exciting to see the next few years of Regent rugby.

**Ethan Barratt**

## MEDALLIONS

This journey was thought to be impossible but proved to be our most exciting season yet.

The squad started training at the beginning of June to achieve what was unthinkable. The season began slowly due to the unfamiliarity of the new system that had been put in place. Constant motivation was provided by Mr Thompson, David Armstrong, Gary Dempsey

and Ross Copeland that saw the team start to graft together some enjoyable rugby.

The belief amongst the boys started rising as we had a hard-fought win against Enniskillen early on in the season guided by our coach, Merv. This was the start of the journey! Encouraged and motivated, we continued to spend countless hours improving as a team. It finally came to the moment we had all been preparing for, the Medallion Shield.

Our first encounter was with Down High. This was played on a miserable day away in Downpatrick which ended 20-20, having thrown away an early lead. The game was replayed a few days later on 'The Beach' and we completed the first obstacle with a convincing scoreline of 29-5.

Next was round 4 of the Shield. This match was by far everybody's favourite as it showed how far we had come as a squad after getting beaten 60-0 the season before. The boys hunted Dungannon down like a pack of wolves and this was evident when the final whistle blew. Regent House 22-5 Dungannon.

This was followed by the quarter-finals. For the second consecutive season we were drawn against one of the favourites, Campbell College. This didn't diminish our determination to win even though we were underdogs, yet again. We started off slowly and let Campbell get a few scores ahead. The second half summed up our season: we were always motivated no matter what. Unfortunately, despite 2 well-worked tries, it just was not enough. The emotions in the team huddle after the game will not be forgotten easily as the final score concluded 36-12.

Finally, I would like to thank the coaches and players for all their efforts throughout the season. It was the commitment by everyone that made this season so successful. I thoroughly enjoyed this journey, and it will not be one to forget.

**Tom Bell**



3rd XV Rugby Squad





Medallion Squad

## YEAR 10

Year 10 had a good season winning around 60% of our games. Overall, it was a wonderful year for us with plenty of players displaying talent and working hard, showing how much they had improved from last year. I certainly say there will be lots of competition for spots on the Medallion squad next year.

There were a few games we came away from feeling annoyed and disappointed. We dusted ourselves off and learned from the mistakes, with determination to become a better team.

We had some brilliant moments, starting off our season with a win against our big rivals, Bangor Grammar School. Proving yet again that we were not going to lose to them.

We had a few games that really inspired us and gave us the realisation that if we wanted to win next year we were going to have to work hard.

Then there was a game that everyone was looking forward to.. our game against Sullivan, at home. This was a memorable game and we battled until the last moments. They were ahead by 5 when an opportunity presented itself and we scored a breakaway try to even it up, then we made the conversion and finished the game with a win.

At the end of the season, Year 10 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 team-mates.

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

For the team, Jaimie Brown and Harry Montgomery picked up player of the year for their teams.

Overall, it was a rather good season. I was glad to captain it and will be looking forward to next year.

Dylan Robinson



U14 Rugby Squad



## YEAR 9

It been another fun year for the Year nines- some highs, some lows and some great wins. The team have continued to make excellent progress throughout the year with some fantastic wins along the way. Throughout the season we have managed to pick up 9 wins and 1 draw.

The Season got off to a fantastic start with 3 wins in a row against Enniskillen, Coleraine and Dromore.

### **BANBRIDGE 7-14 REGENT**

We went up to Banbridge determined to give them a game and we did! Banbridge struck first opening the scoring and before half time we looked like we were going to score but it just didn't happen. The second half began, 20 minutes had been played and nothing changed but we were still giving it a go. Adam Nelson had a superb line to break through the defence with Matthew Wilson easily slotting the kick between the sticks. The game restarted. Jack Heron retrieved the kick using his excellent footwork to get past 3, but one man was left, and he offloaded the ball to Daniel Mooney to walk in.

### **BALLYCLARE 17-17 REGENT**

This being our last game of the season we knew we had to do something special. We struck first with Joey Carson picking up from the back of the scrum to bundle over the line. Ballyclare responded just before half time. The second half began, and we let them have two quick tries. We had Jamie Angus' response under the posts for Matthew Wilson to kick. Our forwards drove Callum Megarity over the line, to level once again. In the dying minutes of the game our forwards did not give up and drove them off the line, winning the ball back. Last play of the day saw Jack Heron getting the ball and he was clean through, but an unexpected tap tackle forced him to knock the ball on.

Over the year we have had a positive attitude. As a team we have hosted and travelled to many rival schools to play many matches and despite the result the effort on the pitch has been sensational to watch. This is all thanks to the support and commitment from our coaching team: Mr Vance, Adam and Mervin. Lads let's keep the momentum going! Let's carry forward our skills to next season and continue to show commitment to improve together whilst encouraging new players to join the journey. Let's get everyone out on a Saturday!

Joey Carson



U13 Rugby Squad



U12 Rugby Squad



# Swimming Club

The 2022/2023 swimming season started with the Swim Ulster Primary Schools' Cup and Championships, which were held at the Aurora Aquatic & Leisure Complex in Bangor in October.

Sam Milligan-Wright reached the final of the 50m Butterfly and 100m Individual Medley, finishing 1st in both of his heats. Rebecca Mitchell reached the final of the 100m Individual Medley and came 3rd in the 50m Freestyle, winning the bronze medal.

Sam and Rebecca both qualified for the Irish Minor Schools' Championships which were held in Dublin in February.

The Halloween half-term break was a very busy week for Regent's swimmers. Adam Barnes represented 'Irish National Center Ulster' at the Swedish Grand Prix over the weekend from 28th to 31st October, where he won a silver medal in the 200m backstroke. Adam and Benji Cummings then attended a National Squad training camp in Dublin from 31st October to 2nd November.

9 Regent swimmers competed in Ulster Short Course Championships from 4th - 6th November in Lisnasharragh. They were Zach Moyo, Naeve Pountney, Megan Diamond, Aaron Haire, Benji Cummings, Holly Wilson, Keira Aiken, Naomi Smyth and Adam Barnes.

## MEDALISTS :-

### NAEVE POUNTNEY

Senior - gold & trophy 100m back  
Silver - 200m back  
Bronze - 50m back  
3 x gold relay medals

Megan Diamond  
Gold - relay medal



### BENJI CUMMINGS

Silver - 200m breast  
Bronze - 200 IM  
Bronze - 100m breast  
2 x silver relay medals

### KEIRA AIKEN

Senior - Gold & trophy 100 IM  
Silver - 100m breast  
Silver - 400IM  
Silver - 50m breast  
2 x gold relay medals

### ADAM BARNES

Junior & Senior gold medals & trophy - 50m back  
Junior & Senior gold medals & trophy - 100m back  
Junior & Senior gold medals & trophy - 200m back  
1 x gold & 1 x silver relay medal

**THE ULSTER SCHOOLS' RELAY GALA WAS HELD IN NOVEMBER AT RBAI AND OUR SWIMMERS HAD A NUMBER OF SUCCESSES.**

## JUNIOR BOYS

The Junior Boys' Relay team of Christian Tait, Jamie Beggs, Sam Milligan - Wright and Joshua Wilson qualified for the final of the Medley Team Relay and finished in 6th place.

## INTERMEDIATE BOYS

The Intermediate Boys' Relay team of Josh Bell, Oliver Dempsey, Aaron Haire and Zach Moyo finished in 2nd place in the Medley Team Relay and 3rd place in the Freestyle Team Relay.

## INTERMEDIATE GIRLS

The Intermediate Girls' Relay team of Naomi Smyth, Holly Wilson, Kiera Aiken and Megan Diamond finished in 1st place in both the Medley Team Relay and the Freestyle Team Relay.

## INTERMEDIATE BOYS

Adam Barnes and Benji Cummings took to the water with other members of the Irish National Squad in January, swimming at the 56th Edition of the Challenge International de Geneve, Switzerland. The three-day competition took place from 20th to 22nd January and attracted entrants from across all areas of Europe.

Both swimmers achieved remarkable times across all their races, with Adam securing a B final spot in the 100m Backstroke and Benji making the B and C finals respectively, in the 200m and 100m Breaststroke events.

## ULSTER SCHOOLS' CHAMPIONSHIPS

The Swim Ulster Schools' Championships were held on Saturday 4th February at Bangor Aurora Aquatic & Leisure Complex and the Regent swimmers performed very well against some of the best swimmers in Ulster.

Christian Tait in Year 9 reached the finals of the Junior 100m Backstroke and the 100m Freestyle. The other junior swimmers: Rebecca Mitchell, Cadey Moore, Sophia Samir, Jacob Stephenson, Joshua Wilson and Josh Bell swam well in their individual events.

Kiera Aiken in Year 12 finished 1st in both the Intermediate 100m Breaststroke and 200m Individual Medley. Megan Diamond (Year 12), Naomi Smyth (Year 11) and Holly Wilson (Year 11) all reached the finals of the Intermediate 100m Backstroke. Megan and Holly also reached the finals of the Intermediate 100m Freestyle, whilst Naomi finished in 6th place in the 200m Individual Medley.

The Intermediate Girls' Relay team of Kiera Aiken, Megan Diamond, Naomi Smyth and Holly Wilson finished in 1st place in the Medley Team Relay and 2nd in the Freestyle Team Relay.

Zach Moyo in Year 12 came 3rd in the Senior 100m Breaststroke. Benji Cummings in Year 13 came 3rd in the 200m Individual Medley and 2nd in the Senior 100m Breaststroke. Naeve Pountney in Year 14 finished 3rd in the Senior 100m Backstroke and 2nd in the 200m Individual Medley.





Adam Barnes at the Swedish Grand Prix

The Senior Boys' Relay team of Josh Bell, Aaron Haire, Zach Moyo and Benji Cummings came 7th in both the Medley Team Relay and the Freestyle Team Relay.

The Ulster Schools' Swimming Association Key Stage 3 Swimming Championships were held at the Blair Mayne Health & Wellbeing Leisure Centre in April.

Well done to junior swimmers Jamie Beggs, Rebecca Mitchell, Cadey Moore, Sophia Samir, Justin Sugabo, Christian Tait and Joshua Wilson who competed at the event and swam very well against other schools in Ulster.

A special congratulations to Rebecca Mitchell who won the gold medal in the Year 8 Girls 50m Backstroke and the bronze medal in the Year 8 Girls 50m Freestyle. Christian Tait won the bronze medal in the Year 9 Boys 200m Individual Medley.

I would like to thank the swimmers for their commitment to the Schools' swimming team throughout the season. Goodbye to Adam Barnes and Naeve Pountney, two of our top swimmers, who head off to University next year.

Fiona Lamrock



Naeve Pountney with her trophy



Some Intermediate and Senior Swimmers



Some Junior Swimmers



Kiera Aiken with her trophy



Benji Cummings







The Intermediate Boys' Relay Team



The Intermediate Girls' Relay Team

I started swimming when I was 8 years old because my PE teacher in primary school, back in Zambia, said that I had potential and that I should join the swimming team. I trained with the club for a year before my first competition when I was 9. I'm so grateful to him for getting me into swimming because of how far I've come and how important it has become in my life.

As time went on, I trained harder and got better and have become amazed at where it has taken me. Swimming has taught me many things like organisation, discipline and dedication which are all important in daily life. Swimming has enabled me to represent not only my club and school but also my country. I can't wait to see what the future holds.

Zach Moyo

## ZACH MOYO

Zach Moyo started his summer holidays with a summer training swim camp in Malaga, where he trained hard to prepare for The World Aquatic Championships in Fukuoka, Japan. He was selected along with two older swimmers to represent Zambia at the event. It was an unbelievable and humbling experience, where he got to see what it is like to be swimming with the top athletes in The World.

From Japan, he came back to N.I. for a few days and then headed off to Trinidad and Tobago to compete for Zambia with one other swimmer in The Commonwealth Youth Games. Here, he got to experience what it was like to compete with people his own age, from many different nationalities, who all share the same love for swimming.

On his return from Trinidad and Tobago he had almost two weeks to recuperate. During this time, he got very pleasing GCSE results and was accepted back into Regent House to do his A levels. He then headed off to Netanya, Israel for the World Junior Aquatics Championships. He was pleased with his performance as he got times very similar to his 'personal bests'.

The highlight of the summer was his PB in 50 breaststroke, which he achieved in Japan. His original time was 30.22 and Zach got 30.05.

He is grateful to have had so many opportunities to represent Zambia on the World Stage and this has fuelled his passion to continue training and striving to get to the next level.

## N Moyo



Swimming - Trinidad and Tobago



Junior World Championships, Israel



World Championships, Japan



Opening Ceremony Trinidad and Tobago





Swimming Team 2023 with Miss Lamrock



# Tennis



An outstanding year for junior tennis.





# Netball

Our Senior A team found themselves in the toughest group in the league and immediately knew it was going to be a difficult season. They beat Strathearn and lost to Aquinas, with matches against Glenlola and Our Lady and St Patrick's unfortunately not being played due to busy schedules.

The Inter A team enjoyed two well-earned home wins against Hunter House and St Dominic's, but suffered a very hard-fought loss against Rathmore. This team is made up of a group of girls whose desire for netball and commitment to their sport is next level. I can't wait to see what next season holds for them.

Inter Bs had a slow start to the season with two consecutive losses to Aquinas and Belfast Royal Academy, but with time they ended up winning their remaining matches against Methody and Belfast Girls' Model.

The Junior A and both Minor teams also had a well-deserved run of wins. We are very fortunate to have some Year 9 girls who play for international development and future professional squads, as well as two Year 10 players who are now Netball Northern Ireland Young Ambassadors. It's great to see the girls taking netball so seriously and extending their knowledge and commitments further than school netball.

Following a successful Clubbercise fundraiser on 10th February, Mrs McMahon and Mrs Hutton accompanied fifteen netballers from Years 11-13 on a Tour to Malta from 2nd-5th March 2023. The four-day Tour included daytrips to Mdina and Valletta, as well as four matches against local netball teams. On the Friday evening, the Maltese terrain provided a beautiful backdrop

for two outdoor matches. Our Inter team comfortably won their match against Mellieha Youth 31-0. However, our Senior team had to work harder to get a 26-19 win against Mellieha Ladies. On Saturday, our Inter team played a fiery match against NRG, with the hosts beating us 14-10. The final match of the Tour was to be another defeat, with our Senior girls losing 12-24 to Fgura Young Champs, the local heroes! All in all, a wonderful weekend was enjoyed, and the girls are already dreaming about their next tour.

On Tuesday 21st March, netballers from Years 11-14, plus some sportsmen from Years 13 and 14 competed in the annual Senior House Netball Competition. This year the competition was held in Ards Blair Mayne Leisure Centre and the pupils came wearing colours to represent their house allegiance! It was a busy afternoon with a fantastic turnout, and great sportsmanship shown throughout. After some closely contended matches, **Scrabo came out victorious!**

On Thursday 23rd March, it was the turn of our Year 8-10 netballers to play a **House Netball Competition**. Face paint was applied, and spirits were high, and it was no surprise to some that Scrabo won again!

Our last fixture of the season was against Bangor Central Primary School. This team's reputation as unbeatable was tarnished slightly when our Minor A team beat them 9-7.

**Mrs McMahon**



















Netball Senior A Team



Netball Inter A Team



Netball Inter B Team



Netball Minor A Team





Netball Minor B Team



Netball Junior A Team



Sophie Smythe and Mrs McMahon



Netball NI U17 National Squad  
Molly Mullin



Netball NI U15 Future International  
Maddie Heasley



Netball NI U13 Regional Academy  
Peyton Walker and Sara Devany





I became involved in mountain running several years ago. The first competitive event I competed in was the Hill and Dale Junior Series. The races are typically 3-4 miles but have significant elevation gain. My favourite race is 'Slieve Binnian', a race from the bottom to the top of the 3rd highest peak in the Mournes.

**Ethan Lappin (Year 10)**



Downhill mountain biking is a big part of my life. I have competed all over Ireland and successfully in the Irish Downhill Mountain Bike Series, including a couple of podiums. I have ridden bikes since I was three and love every moment of it. It is thrilling and technically challenging! My dream is to race in the World downhill races as part of the Irish team.

**Cailan Lancashire (Year 10)**





Dominic McGrath (Year 11), selected to play for Ulster hurling U16, in a match between Ulster U16 vs Dublin U16.



Kate Coulter (Year 8), placed 2nd in Northern Ireland in the age group 12-14 for beef stock judging, with the Young Farmers' clubs of Ulster.




I enjoy playing the bagpipes for Kirkistown Pipe Band, based in Cloughey. This year we have won two Marching and Department awards in Grade 4B at the Pipe Band Championships in Cookstown and Moira. I have been playing for five years and I am one of seven bagpipe players that are proud to sport the Davidson tartan.

Frazer McKee (Year 10)



# Literary

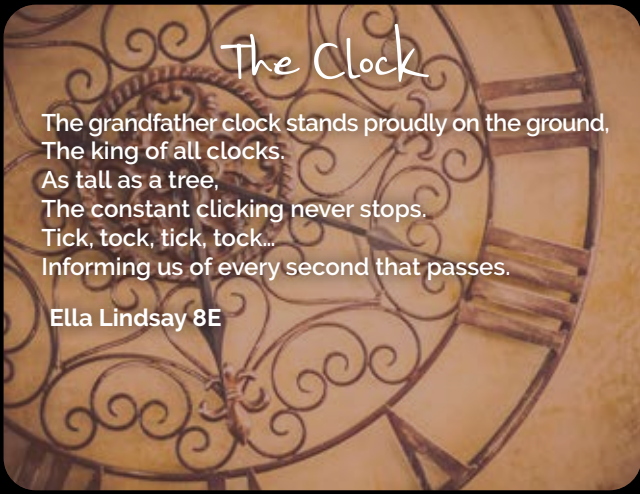
## The Farm



Adorable animals outside in the wild,  
The baby calf snuggled up, just like a child.  
At the crack of dawn, the chickens are already clucking,  
The sheep are clouds of cotton candy,  
The sun smiles from high up in the sky.

Kate Coulter 8E


## The Clock



The grandfather clock stands proudly on the ground,  
The king of all clocks.  
As tall as a tree,  
The constant clicking never stops.  
Tick, tock, tick, tock...  
Informing us of every second that passes.

Ella Lindsay 8E

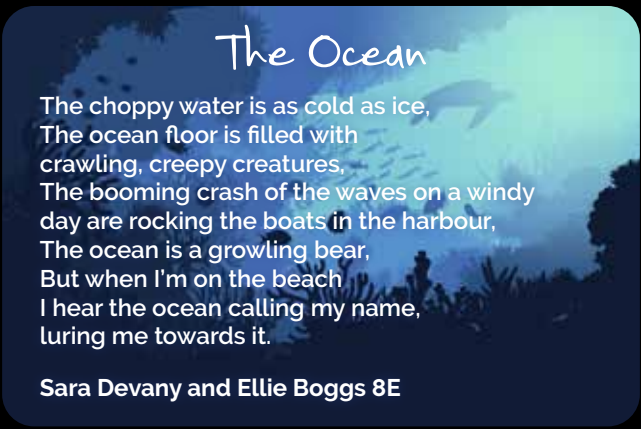
## My Bright Blue Sky



Happy smiles and bright blue skies,  
I hear the tune and know the  
ice-cream van is near.  
So happy, I felt like I could fly,  
The crystal-clear sea is to my rear.  
So many colourful kites paint the bright blue sky,  
The sun beams down right where I lie.  
I feel so peaceful gazing off into...  
The bright blue sky.

Ellyce Robinson 8G


## The Ocean



The choppy water is as cold as ice,  
The ocean floor is filled with  
crawling, creepy creatures,  
The booming crash of the waves on a windy  
day are rocking the boats in the harbour,  
The ocean is a growling bear,  
But when I'm on the beach  
I hear the ocean calling my name,  
luring me towards it.

Sara Devany and Ellie Boggs 8E

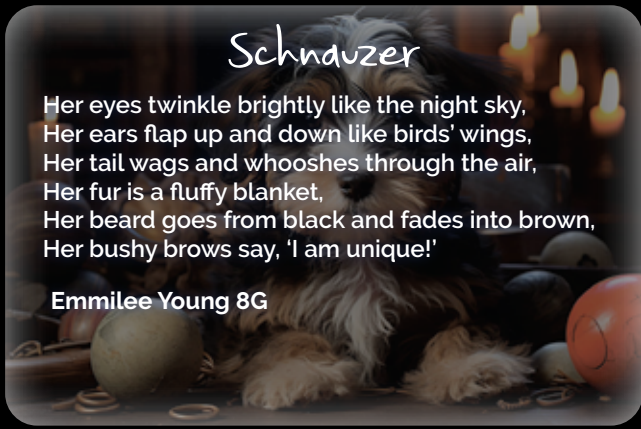
## The Garden



Breathing in the warm summer breeze,  
The sun pulling me out of the shade,  
The bees buzzed busily in the bushes,  
The grass the colour of emeralds,  
Pink tulips were swaying in the wind  
like beautiful ballet dancers,  
The clouds as soft as cotton candy.

Sarah Finlay 8G

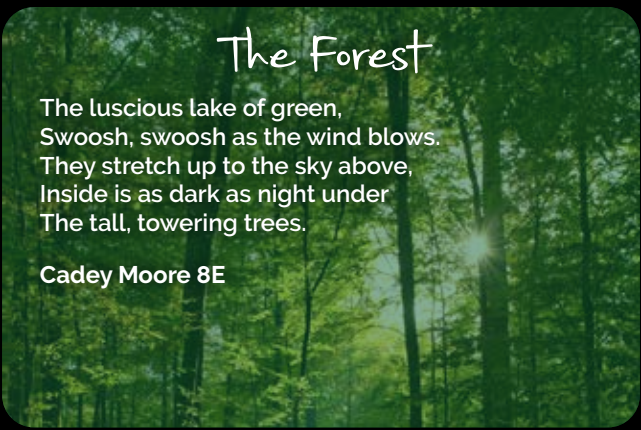
## Schnauzer



Her eyes twinkle brightly like the night sky,  
Her ears flap up and down like birds' wings,  
Her tail wags and whooshes through the air,  
Her fur is a fluffy blanket,  
Her beard goes from black and fades into brown,  
Her bushy brows say, 'I am unique!'

Emmilee Young 8G

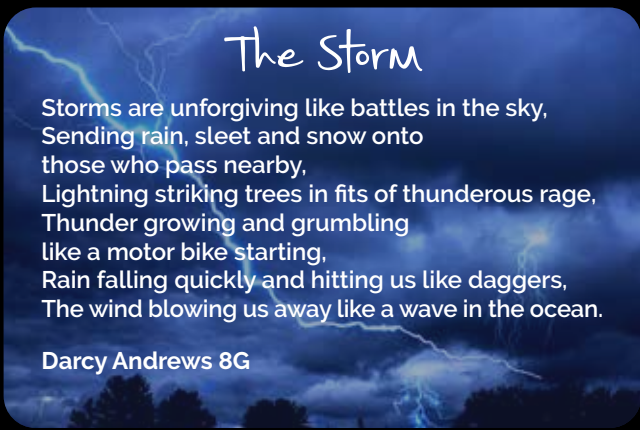
## The Forest



The luscious lake of green,  
Swoosh, swoosh as the wind blows.  
They stretch up to the sky above,  
Inside is as dark as night under  
The tall, towering trees.

Cadey Moore 8E


## The Storm



Storms are unforgiving like battles in the sky,  
Sending rain, sleet and snow onto  
those who pass nearby,  
Lightning striking trees in fits of thunderous rage,  
Thunder growling and grumbling  
like a motor bike starting,  
Rain falling quickly and hitting us like daggers,  
The wind blowing us away like a wave in the ocean.

Darcy Andrews 8G

## The Farm



Early in the morning at the crack of dawn  
Roosters go off like a fire alarm.  
Sheep awaken fluffy as clouds,  
The cows come out in big, big crowds.  
The tractor starts up, roaring like a chainsaw,  
The nesting chickens start to cluck  
As the farmer's day begins again.

Riley McKendry 8G



## The Ocean

Magnificent and majestic  
It comes downhill in a crash.  
Hidden below is a secret stash  
Of treasures and gold.  
Expect to be stunned by the beautiful  
view given from above  
A tranquil place,  
Another home,  
Brilliant and blue,  
For all to enjoy including you.

Tori Wells 8G

## The Life of a Dolphin

The life of a dolphin,  
So simple and free,  
Prancing and twirling,  
In the serene, deep, blue sea.

How wonderful it would be,  
Just to see,  
The glimmer in their eyes,  
From the light of the dying sun.

How wonderful it would be,  
To gaze in awe,  
As the beautiful sea creature,  
Agilely glides through the ocean's tide.

How wonderful it would be,  
To watch them gracefully leap and dive,  
And flick and thrive,  
Over the crisp orange horizon.

How wonderful it would be,  
To hear a dolphin,  
Whistle, Click, Squeak,  
In the language they speak.

One of the cleverest animals,  
To swim in our seas,  
Anyone who catches a glimpse  
Is sure to be full of glee!

Sara Devany 8E



## The Forest

The forest is such a tranquil place,  
A vibrant green topping every tree,  
It's full of wonders and endless space,  
In the forest, I can finally feel free.

The trees are as tall as towers,  
With their branches up so high,  
And the breeze, it rustles the flowers,  
With a whisper, a gentle sigh.

The small creatures, they roam, the birds, they sing,  
The forest floor is a shade of sage,  
The place is alive, it's a magical thing,  
The trees too, are wrinkled with age.

The sun cascades, with its bright shining light,  
A place so peaceful, a place to explore,  
The forest is glowing, it's a beautiful sight,  
A place to admire, a place to adore.

Emma Rutherford (Year 11)

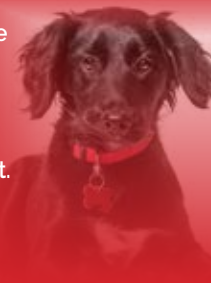
## Mack

As I cling onto this scrungy ball of love  
I cannot help look above  
This little angel, must be heaven sent  
This tiny creature's here to prevent:  
Sadness, anger, sorrow, hate.  
This minute thing, so small but so great.

As he barks  
My heart fills with sparks.  
My heart loves him heaps.  
This little angel, must be heaven sent  
This tiny creature's been heaven sent to prevent:  
Stress, fear, insecurity, worry.  
I could say so much, but feel I need to hurry.

Now, that he is over one  
The thought that he's growing up kind of stung.  
The memories this dog has brought me will last an eternity  
Seems like only yesterday, but it's now the past.  
I picked up that scrungy ball of black  
I picked him up and never looked back.

Megan McCloskey 10 B



## Seasons

A white sheet of snow lies on the ground,  
The wind whistling in my ear.  
The cold, chilly air around me,  
That means it's Winter.

The sun shining behind the clouds,  
A ray of light shines down in front of me.  
Warmth rising as it fills the air,  
That means it's Summer.

Boom! Thunder strikes,  
A flash of light appears in the sky.  
A monster awakens from its rest,  
That means it's Autumn.

I watch the light rain rolling down the windowpane,  
The bright, blue sky with only a  
couple of clouds in sight.  
A calm, gentle wind fills the air,  
That means it's Spring.

Hannah Edwards (Year 11)

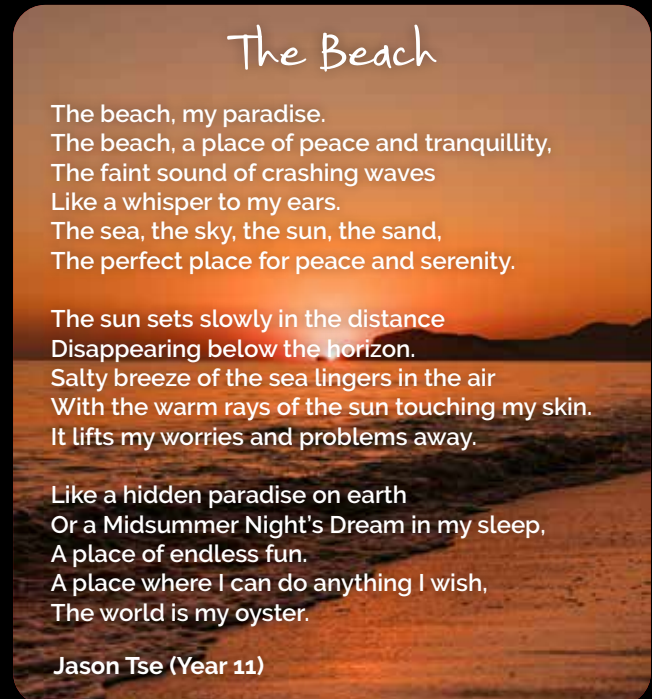
## The Beach

The beach, my paradise.  
The beach, a place of peace and tranquillity,  
The faint sound of crashing waves  
Like a whisper to my ears.  
The sea, the sky, the sun, the sand,  
The perfect place for peace and serenity.

The sun sets slowly in the distance  
Disappearing below the horizon.  
Salty breeze of the sea lingers in the air  
With the warm rays of the sun touching my skin.  
It lifts my worries and problems away.

Like a hidden paradise on earth  
Or a Midsummer Night's Dream in my sleep,  
A place of endless fun.  
A place where I can do anything I wish,  
The world is my oyster.

Jason Tse (Year 11)





## A Warning to Art Teachers

A warning to art teachers, I can't do art.  
Well, that's what I used to say,  
When I would toil with a pencil for so many hours a day,  
I wanted to create and to inspire,  
To make people feel something they haven't in a while.  
I wanted to make landscapes of all sorts and kinds,  
To make characters come to life, like they did in my mind.  
But I couldn't draw, or paint, or create.  
All I could do was stare at the blank slate.  
That was, until 2021 when I walked into B19,  
And found that there was another  
way to realise my dreams,  
It started with a poem about a pen, a  
short story about a graveyard,  
A day in PE, laughing in the brisk winds of Ards.  
We said we would write something, a story, a book.  
I started writing things that finally made me look,  
And say I can do art, just in a different way,  
As those who draw still life, cartoons, anime.  
I wrote about the forest when I was in year nine,  
About the wind, that one nearly made my mother cry.  
About Sarah and Grace playing my favourite game,  
Ben and Mattatios, Leon and James.

A warning to art teachers, I will be useless in your class.  
But English teachers, prepare yourselves  
for one determined wee lass.  
I will ask you to read everything that I write,  
Because I've found something I'm genuinely  
great at, something I might,  
Turn into a career one day, something  
that means I can no longer say.  
I can't do art.  
Because I can.

Megan McCorry 9A

## Chameleon

The chameleon perched at the top of the tree  
Listens to the soft whispers of the wind,  
Whistling and whirling in the cloudy grey sky.

She watches as thousands of  
droplets trickle down  
Onto the forest floor beneath her  
Like a spring from a mountain,  
On its way to the ocean.

She cleverly radiates a vibrant hue of green,  
Merging perfectly with the potent emerald leaves,  
Completely hidden from the world around her.

However, she isn't always so flawless.  
Some days she glows a bright crimson,  
Furiously burning with rage.

Other days she wears a coat of pale blue,  
Wallowing and weeping with sorrow  
As the dark clouds follow her.

But no matter how she is feeling  
She continues to remain colourful,  
And she knows that she can turn  
to the towering trees  
As their robust leaves and winding  
branches will always welcome her.

Evie Thair 10C

## Only One More Step

Our love is a connection which is tethered,  
Unbreakable despite being distanced and weathered.  
Although we exist and live countries away  
Your love has found, in my heart, a place to stay.  
The pure radiance that warms my soul,  
Being told we're meeting soon, makes me whole.  
Only a few more months until I see you.  
Only one more step until our hearts intertwine as two.

When I heard the news, my whole world shattered,  
My tears fell uncontrollably and against the window, rain pattered.  
The news of your declining health, caused me horrible pain  
But your kind words and sweet whispers, kept me sane.

When I come over, I will hug you close.  
My heart, my reason, the one I love most.  
Only a few more days until you're embraced with my love  
Only one more step and then I'm yours, my beautiful dove.

The sky is grey and not a single bird can sing,  
My heart longs for what love can now not bring.  
As I stand here six feet from you, but just out of reach.  
This heart ache throbs in a way our parents, deceptively did not teach.  
I lay a rose on your stone covered resting place,  
I let my gaze wander to mourn the grave filled space.  
Only one lifetime until we reunite once more  
Only one step, my beautiful dove, until we reach the shore.

Amelia Robertson (Year 11)

## School

A place of happy memories  
Laughing and joking with the  
people you hold dear.  
Sharing cries of joy and feelings of melancholy  
While passing the weight of your heavy,  
blue heart onto those willing to listen.

A place of restriction  
Where teachers can pass any rule.  
The classroom forcing a lack of freedom,  
Making you sit silently in blazing,  
stuffy heat or arctic-like cold.

A place for learning,  
Teaching us important independence and  
allowing our creative juices to flow.  
Allowing us to grow and bloom  
into refined young adults,  
Shaping the future like a sculptor  
with a fresh piece of clay.

A place of trust,  
Looming teachers taking your looming  
problems and claiming ownership.  
Euphoria entering your new carefree mind,  
Distancing your dooming dilemmas  
and liberating your anxiety.

Frankie Law (Year 11)



## The Little Tiny Cricket

As the night closes in and I walk fast, past the river  
All I hear is a little cricket whose body will quiver.

The cricket is fast, loud, orderly and efficient,  
Like a train commander demanding a ticket.

The little tiny cricket is short and plump,  
Like a tree after being cut down  
all the way to his stump.

As the moon shields the river  
from the light of the sun,  
Small little cricket will shout out a hum.

Then as the night pulls all the  
world into a deep sleep,  
Little tiny cricket will hum promises to keep.

Danny Clingan 8G

## Then They'll Care

When she's gone, they'll care,  
When she's lying in the shrivelled  
mess they made,  
After the thieves of the earth have  
taken her to her cage.  
Grasping, greedy hands have torn her  
home, where she strove unafraid.

The jaws of the selfish take their pick,  
But when she's gone, they'll bow  
their heads in sorrow,  
Though they won't forget their  
destruction tomorrow,  
But the axes will break when  
there's no life left to borrow.

And she'll lie there, as her striking  
stripes are powerless,  
Her orange glow is wearing, running, fading out,  
Her jungle falling as the sky will shout,  
They'll be sorry then, they'll change,  
But those greedy hands will grasp again.

Betsy Andrews 10C

## Just Walk a Little Slower

Walk a little slower,  
As through the forest you stroll along,  
Close your eyes and listen to the birds in song,  
Open your eyes and see the beauty I display,  
Just walk a little slower and enjoy me on your way.

Walk a little slower,  
As you wander by the stream,  
Busy little fish swim by; full of self-esteem,  
Peer into the water and see the beauty I display,  
Just walk a little slower and enjoy me on your way.

Walk a little slower,  
As you see a tiny hole,  
You never know what's in it: a fox, a rabbit, a mole?  
Maybe you'll come back and see  
what's in it another day,  
Just walk a little slower and enjoy me on your way.

Walk a little slower,  
As the meadow you pass by,  
Insects hold such glamour, have  
you seen that dragonfly?  
Stop and look a little closer to  
see the wonder I display,  
Just walk a little slower and enjoy me on your way.

Walk a little slower,  
As you wander by the rock,  
For tiny little creatures stir to join you on your walk,  
Gaze around and wonder at the beauty I display  
Just walk a little slower and enjoy me on your way.

Walk a little slower,  
As dark draws night creatures out,  
Bats and badgers, hedgehogs,  
shrews are scurrying about,  
Take care of me and preserve  
me to enjoy another day,  
Just walk a little slower and enjoy me on your way.

Rebekah Green 8F

## Jasper

Slurping his milk from his little blue bowl,  
Jasper the cat decided to go for a stroll.

He licked his long black whiskers until they were clean,  
And sneaked out the back door to avoid being seen.

He crossed the yard and climbed through the gate,  
He didn't know what was awaiting his fate.

He popped his head round without making a sound,  
And what should appear but his greatest living fear.

Bruno the dog from two doors down,  
This scary mutt was the meanest in town.

With his sharp, pointy teeth he's a frightening sight,  
This was the dog ready to fight.

Jasper furtively withdrew like a timid, tiny, mouse,  
Straight towards the safety of his owner's house.

As he settled back down on his warm soft bed,  
All thoughts of a stroll were removed from his head.

Luke Dempster 8G

## Sloths

### SLOTHS

are as

**S**leepy as one of the Seven Dwarfs

are as

**L**oveable as a fluffy dog

are as

**O**dd as my socks on a Friday

are as

**T**imid as a tiny mouse

are as

**H**armless as a big woolly sheep

are as

**S**weet as honey.

Cadey Moore 8E



## Buried Treasure

A mole goes digging through the earth,  
In which is buried gold from Perth.  
He gathers it up and brings it back,  
To his hoard, the golden stack.

This impressive mole down below,  
Has even scavenged a crossbow!  
For everything beneath the ground,  
Of worth this little mole has found.

He has chain mail from 1066,  
A battering ram (now only sticks),  
Part of the Bayeux Tapestry,  
And he lives there quite happily.

So now this extraordinary mole,  
Deep within his tiny hole,  
Has made such a marvellous museum,  
He's made for himself quite the name.

Rebekah Green 8F

## The Hibernating Bear

Deep beneath the cold winter ground,  
Snuggled up, the bear, safe and sound.  
Immersed in a restful sleep,  
Weary hunter, ssshhh, not a peep!

Stockpiles of winter food,  
Consumed, devoured, till there was no room,  
To see him through to Spring's fresh days,  
Where the sun will smile and shine her rays.

How sweet the air, how warm the breeze,  
As the bear emerges from the freeze.  
Searching for nourishment and a mate,  
Hurriedly he cannot wait.

Until that time, the bear can rest,  
Dreaming in his comfy nest,  
Hidden away in his dark, earthy hollow,  
Wondering what adventures will follow.

Sam Fisher 8A

## Terror

Terror is like a snake,  
It makes your stomach twist and burn.  
You never know how much you can handle  
Unit your stomach starts to burn.

Terror is like a lion,  
It grows and it roars,  
You sit there waiting for your doom  
As the rain pelts and pours.

Terror is like a cheetah,  
It runs in circles and you feel dizzy.  
You walk around in anticipation  
As you get yourself in a fizzy.

Terror is like a bee,  
It buzzes and distracts you,  
But do not worry you are not alone  
Other people are there for you.

Mason McElveen 8D

## The Wild Savannah

The African savannah, a wild and wondrous place!  
Where animals roam free, waiting for the chase.  
The sun beats down, the heat is intense.  
The animals thrive, in this vast expanse.

The elephants, the lions, the giraffes so tall.  
The zebras, the rhinos, the wild beasts that call.  
The cheetahs, the hyenas, the hippos so grand.  
The birds, the baboons, the antelopes in a band.  
The African savannah, a place of life and death.  
Where the animals live, with each breath and each step.  
The cycle of life, the circle of death.  
The animals live, with each step and each breath.

The African savannah, a place of beauty and grace.  
Where the animals live, in a wild and free space.  
The sun sets in the sky, the stars twinkle bright.  
The animals roam in the African night.

Matthew Catney 8A





## One Chance to Freeze Time extract

I immediately rushed over, with my mother following close behind me. We walked in at a slower pace and I was hit with the heat of a rain forest mid-summer. Surrounding me were tropical trees towering above, with thick, lush clusters of leaves. The massive leaves of ivy were climbing persistently onto the trunks. Far closer to the ground were different species of shrubbery and foliage, thriving in the heat and humidity they were encased in.

There were also other inhabitants of this jungle in the form of butterflies. There must have been hundreds, each of a different unique species. Some were petite and flew around elegantly, with the artificial breeze, like miniature ballerinas. Some were massive to the scale where I could hear every time they flapped their wings!

One of these humongous butterflies landed on my shirt, and I can still remember the dark shades of maroon and black that its intricate wings had. Each of the butterflies would glide around, some alone and some with its own kind. It's as if each of these butterflies had their own stories, someone they loved too.

I sat in the diverse ecosystem for hours, being happy to observe these small creatures live another day, but all good things must come to an end. Once it was around four o'clock, my mother told me that we had to go, because she dinner to prepare and because she had a grim fear of butterflies- even a small one sending a shiver down her spine.

As the day concluded, I left happy. This was such an amazing event for me that I doubt the memory will ever vanish from my mind.

**Alfie McCullough 9G**

## One Chance to Freeze Time extract

Walking out of the bustling city streets and into St James' Park felt like stepping through a door into another world. Once inside, the smell of luscious green grass filled my nose and a verdant vista entered my view. We began to approach a gigantic shimmering mirror which reflected the swans, which glided over its glassy surface honking as they went. As we continued towards the lake, we would be approached by another form of wildlife.

As we continued along the park's perfect path I heard a noise above the whispering of the wind, and looking up I saw a squirrel scurry down the crooked arm of a tree and onto the grass in front of us. I stood as still as a statue, trying not to scare it away. However, I soon realised that there were squirrels all around us: it felt like there were hundreds! But as we soon discovered, they weren't timid but incredibly tame.

I looked around with my flabbergasted family, finding that they were just as amazed as I was. Immediately we all reached for our phones in order to take some perfectly posed pictures. Once we had taken our photos, we began trying to see how close we could get without scaring the squirrels away. I heard my Mum speaking softly and soothingly to the squirrels to avoid scaring them, and I managed to get within a couple of feet of one. We would soon witness Dad trumping all of us when he and a squirrel approached each other, like old friends reuniting after many years apart, before the squirrel put its paw into his hand. My Dad made sure we didn't forget about this throughout the journey.

**Cooper Greenlees 9G**

## Creative Extract

Katie snatched the scarlet envelope from her front doorstep. She had almost forgotten about the competition she had entered last summer. She'd known that her entry would have been as insignificant as a speck of dust in amongst the millions of letters that would have been drowning the space agency. After all, who wouldn't want to be the first person to visit another planet? But as she ripped open the envelope, one word shot out at her. Congratulations.

Three months later, Katie sat impatiently kicking her legs against the back of her seat. The pilot was still slowly climbing the creaky steps, lapping up the attention of the crowd. Katie half-heartedly waved to her family, but in her head she was already whizzing through the sky. A tuft of white hair appeared as the pilot turned around in his seat, 'I'm starting the engines now, alright?'

Katie nodded, too excited to speak. Suddenly, the roar of the engines filled her head. She had imagined the gentle hum of a plane that reminded her of going on holiday. No, this was the growling of a wild beast trying to escape. The flame of excitement in her chest was growing by the second. Her heart was pounding. She could barely breathe...

**Mollie Donnachie 10F**

## Billy the Cowboy

With a jolt, Billy was thrust forward and brought to his senses. His horse had bolted in the fright of the moment and taken Billy with him. His herd had scattered. Seeking refuge was made nearly impossible thanks to the blank canvas they walked along. Billy's articles of clothing began to leap off into the void, first his hat, then his bandana. His shirt was only saved by the strength of a few dusty old buttons. Whooh! Billy was picked up and flung into the sand giant.

He was thrown about like a rag doll in a cruel game of catch. If he was in a room, he would have been flung from wall to wall and floor to ceiling. Tired and gripped by fear he wished that he would be released by death's grip or succumb to its devastating nature. He closed his eyes and gave up. He awoke crumpled and discombobulated on a small shrub. His body, battered and bruised, seemed otherwise alright. A sharp pain in his arm alerted him to a possible break. Shaken, he stood up. His legs nearly gave way but he fought back the pain and began to walk...

**David Johnston 10F**





## Creative Extract

Daniel woke up with the shining sun peeping at him through the crack in between the blinds. He trudged across the floor to the door that stood on the other side of his room. He opened it, the smell of toast filled his nose. He sat in the kitchen with a plain Jane looking piece of toast on front of him. 'Daniel, there's juice and lunch in the fridge. I'm away to work now.' Daniel's mum cried, in a rush, bolting for the door. The sound of keys jingling echoed from the hallway. Eventually he was left by himself with the silence that surrounded him. After breakfast he briskly walked to school.

Going down the path, past the Post Office and Police Station the place he dreaded the most could be seen in the distance. The dark and dreary place that made him feel like the life was getting drained out of him. Distraught he headed to his first class. The first period felt like the time was frozen. Boring. To his relief break time has arrived. Popping from around a corner he came face to face with Mrs Sharron. Eyeing him like a hawk she looked him up and down. 'Daniel where are your school shoes?' she boomed. 'Sorry Miss, I don't have them.' Daniel murmured with his head angled down. 'Why not?' she questioned. 'My mum hasn't had time to get me some,' he spoke still facing the floor. 'Well, she better make time!' she screeched before marching off. The unnerving clicking of her high heels following her on her way...

Hannah Batag 10B

## Creative Extract

We walked through the town and Maddy pointed out appealing places to me. She told me which was the best ice-cream shop- also a brilliant spot to visit if you wanted second hand books. It was all quite pretty. The footpaths were lined with trees that waved their slender arms gracefully in the gentle wind. The hot summer sun shone through gaps in the leaves creating a dappled green pattern on the ground below. When we reached the beach the serenity of it all made me gasp. The sun beat down on the clear blue ocean making it sparkle, shimmer and shine like a thousand diamonds. The waves lapped gently at the soft golden sand giving everything a very calm feeling. The beach stretched for miles and miles and when we had reached about halfway along Bliss suddenly took off. She sprinted along the sand like a greyhound going faster than she had ever gone before. I ran after her, Maddy following at my heels, and when we finally caught up Bliss was standing in the shallow water, looking very pleased with herself. Then I saw it. Nestled in the ground was a glass bottle as blue as the sky with what looked like a golden key inside.

I picked up the bottle examining it intently. When I showed it to Maddy her jaw dropped almost to her feet and her eyes widened. 'Oh my goodness,' she whispered. 'You've found it!' I stared at her confused. 'Found what?' I asked.

Maddy explained it while, pacing to and fro along the sand, jumping up and down like an excited puppy. Basically, there was a billionaire who grew up in this town. He had no family, so when he passed away, he made a treasure hunt that ended in his fortune. A treasure hunt that started with a sky-blue bottle with a key inside. The exact same one I was holding. Suddenly, as if a switch had been flicked on in my brain it dawned on me that I was literally holding the key to billions of pounds. Maddy grinned at the look of shock on my face. I couldn't believe it! 'What do we do now?' I asked her. 'Where do we go?' 'I know the place,' she revealed...

Clara Williamson 10B

## Creative Extract

Groggily I opened my eyes. A kaleidoscope of colour flooded my vision, blinding me. A golden haze streamed through my window, filling the room to the brim, full of sunlight. As the sweet singing of songbirds consumed my ears, I sat up in bed. The beautiful scent of fresh flowers took control of my senses. I began to rub my tired, overwhelmed eyes. Suddenly, I realised it was summer!

I sprinted ecstatically down the stairs. Finally I had freedom - two whole months of it! No teachers. No homework. No rules. I was like a bird, soaring freely on the wind, twisting and turning between branches and trees. I bounced energetically into the sunlit room. 'Good morning, Amelie,' aunt called, cheerily. Uncle greeted me with a warm smile that lit up the glowing kitchen. A towering stack of pancakes sat on the table, gazing down at me, oozing with syrup...

Molly Evans 10F

## The Match

I read for a couple of minutes before signalling like an undercover secret agent to Ellie across the classroom that we needed to go. We gathered up our things and just as we were approaching the door the whole classroom exploded into a cacophony of clapping and cheering!

The bus journey was fairly tense. However, once we got there and got ready, we had all relaxed a bit. We had finished our warm up and were about to do our chant when a wave of nausea hit me. Nervousness reached its hand of long, thin fingers and grabbed me, wrenching me down into its deceptive dark depths.

'No. It's okay. I can do this,' I reassured myself, thinking that if I said it enough times it would come true. I took my position as right wing, put in my mouth guard and got ready to go.

'Fweet!' yelled the starting whistle. It was game on...

Sophie Beattie 10F





## Creative Writing Essay

When I woke up that morning, I thought it was going to be an ordinary day. The crew was gathering supplies onboard the boat to prepare for our fabled mission of exploration. As usual Captain Strider gathered us to discuss today's plan: "We set sail today." Shocked murmurs like frantic mice broke out in the crowd. Our plan was to vacate land in three days. Why must we leave now? Captain Strider went on to explain that a terrible storm was inbound, and if we wanted to make it home, we had to beat it and at pace.

With the haste of wild horses, we gathered our little belongings onboard and set out for our promised land. The hours went by fast as I was surrounded by the best company a man could get. This crew of outcasts and sea acquainted citizens shared stories and laughed into the small hours of the night. Despite my distance from shore, I felt at home with these people.

The star-speckled sky shone down on us from the heavens. Everything was perfect. As a tale was being finished, a guttural, grotesque growl played from beneath us like unwanted punctuation. Shocked at this horrid sound we looked at one another for answers but none were spoken. Within mere moments the door from the captain's quarters was flung open to reveal the shrouded silhouette of Captain Strider. Without a moment to lose he leapt upwards to our vantage point in the watchtower. His face contorted to a look of utter fear. His brow furrowed in shock before he snapped back to reality.

Never in my life had I seen a man look inescapable death in the eyes and still attempt to be a saviour. He carried his frame down the ladder with an urgency that I had never witnessed in him before. Captain Strider took charge and commanded me to gather the rest of the crew for the fight of their lives. The danger began to set in at these words. The captain had often told us tales of sea-beasts, but they were seen as folk-lore by the masses. The crew were all now alert as they took their stances on the deck. Through the miniscule window I saw an enormous, serpent-like figure bolt across the sea. In shock I stood unable to follow the others. In those seconds the sound of screaming and snapping planks echoed across the oceanic wasteland. The grotesque noises pulled back my sanity as I gathered myself on the top deck. The scene before my eyes was a vision I shall never forget. A leviathan lay across the breaking platform and covered the bottom half of Captain Strider's torso. With the strength of a thousand suns the beast grappled the quivering galleon, forcing a cavern of water to open. The captain's final breath was taken from him as he was plunged into the depths below. As the ship sank and I lay on a mere piece of rubble, the sound of his breaking ribs replayed relentlessly in my head. My stomach churned as this new reality set in. My tears blended with the salted waves around me. Alone I lie, forever-more.

Iain Heap Year 10



## Letters to the King



Your Royal Highness,

I'm very sorry for your loss. Queen Elizabeth ii was our greatest queen. She will live forever in our minds and in history. It gives me so much joy to watch her Christmas videos. In my primary school we learned so much about her and many previous kings and queens but by far she was the best queen to learn about.

I don't want to be rude but, if you can, would you please change school hours to 9-00 am to 2-00 pm. It's not a big difference but it would give children more time to do homework. We get a lot of homework, especially older children in secondary school. You don't have to, but please give it thought.

I never met the Queen, but she sounded like a wonderful woman. She was the Queen for seventy years and I think we should remember her forever and her life's wonderful work.

Good luck in your reign and I hope you can have a great time as King and, again, I am very sorry for your loss.

Yours sincerely,

Sienna French (Year 8)



Your Royal Highness,

Due to the recent events of the Queen, your mother's passing, I am sending this letter to show that I am sincerely sorry.

I always found your mother quite extraordinary. We valued her time and her many great achievements, in her younger days as Queen and even as a Princess.

I don't have much to ask, except that you keep your family's legacy running just as your mother did. She was the rock Britain was built on and the heart and soul of the whole country.

I wish you and Camilla a long and happy reign!

Yours sincerely,

Caitie McNirlan (Year 8)





Your Royal Highness,

I am so very sorry for your loss. Her Majesty the Queen was a lovely lady and I'm sure she was a wonderful mother.

It was delightful to watch the television on Christmas Day and listen to her speech. She was a woman of wise words and a very admirable person to look up to. I remember that on the Platinum Jubilee everybody got a book and a tree from her. My tree has been thriving amazingly and is growing little leaves. Every time I look at that tree, I will remember how superb and how inspiring she was.

Now that the reign has been passed down to you, I can imagine you will be just as good as your mother. I've just one favour to ask from you. Could you make a rule that there is no homework on Fridays?

Good luck in your reign and I know you will be a good King following your mother.

Yours sincerely,

**Rebecca Crossen (Year 8)**

Your Royal Highness,

I am so sorry about the passing of your mother. She was a great mother, grandmother and especially Queen, but now that you're in charge I'd like to talk about a few things.

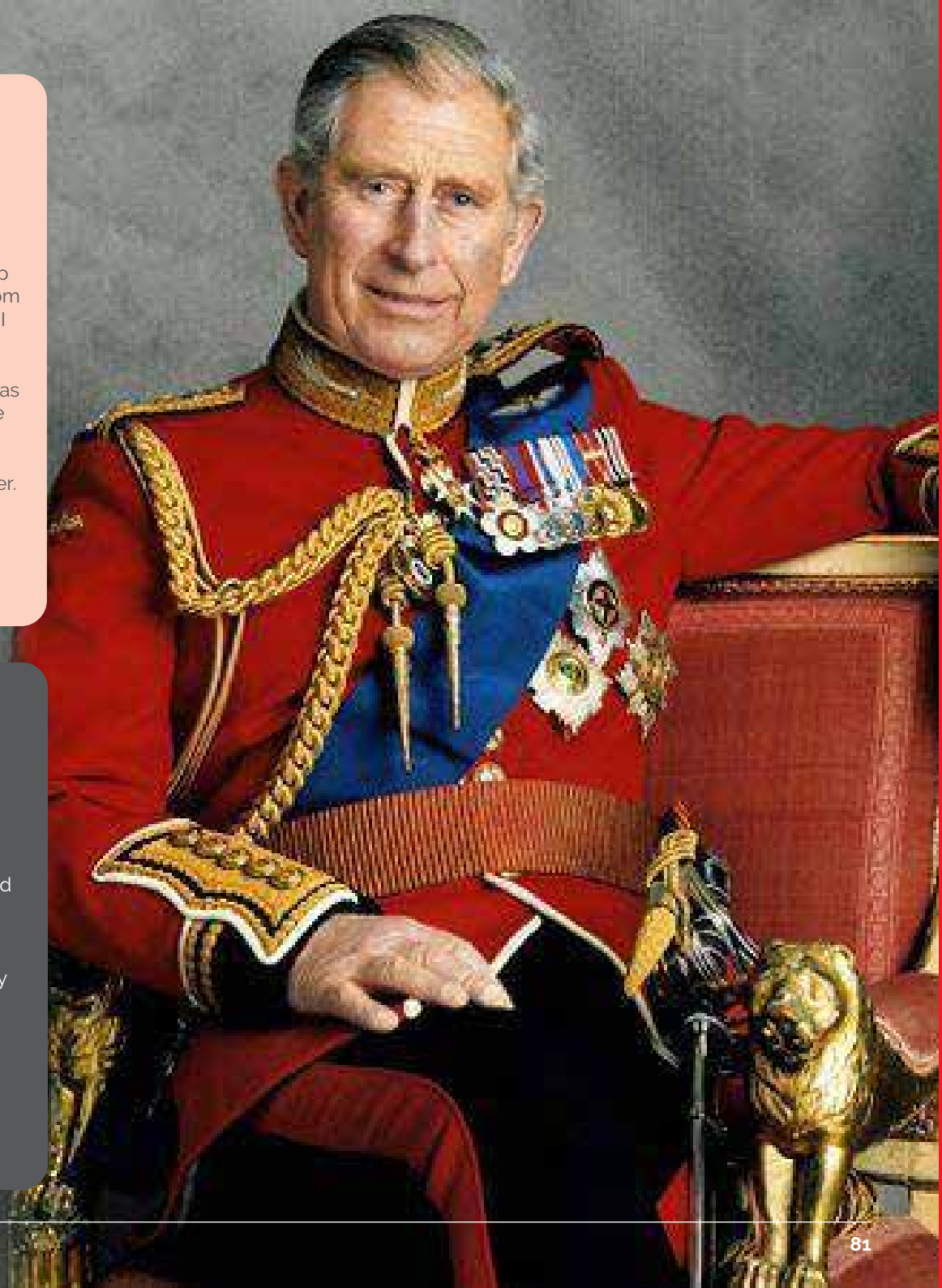
The one thing I remember most about the Queen is the Platinum Jubilee. WOW! What an achievement. The celebrations outside the Buckingham Palace were wild but the one thing I remember most is that funny Christmas dance. It went viral!

A lot of things will change now that you're King such as money and stamps, but I'll tell you what I want to change. More money should be put towards electricity bills and school books – a lot of schools are struggling.

In conclusion, I wish you a long reign and a great time in Buckingham Palace.

Yours sincerely,

**Mason Calder (Year 8)**





# Regent House School Preparatory Department and Preschool

## GENERAL INFORMATION

Regent House School Preparatory Department and Preschool continues to grow year on year, with two full time preschool classes and primary classes from Prep. 1 to Prep. 7.

Miss Halliday, who was a Senior Teacher within the department, was appointed as the new Head of Department in September 2022.

Regent House School Preparatory Department and Preschool staff provide a positive and stimulating learning environment. The classrooms are interesting places where pupils' work is displayed, and their achievements continuously acknowledged and rewarded. Staff members respond to pupils' interests and ideas when planning lessons. Our Preparatory pupils enjoy weekly specialist teaching in French, Drama, PE, Music and Art. Weekly swimming lessons and private music tuition are also available.



## Preschool – Ladybirds and Butterflies

RHS Preschool pupils have had lots of fun making new friends and sharing memorable experiences during their first introduction to school life. The Ladybirds and Butterflies love learning through play at Preschool!

### CLASS BEARS

We had two very special new additions in Preschool this year, our class bears! Birdie enjoys nothing more than spending the weekends with the Ladybirds and Buddy Bear loves his adventures with the Butterfly Class. The children take great care of their special friends, making memories and developing their confidence during Show and Tell as they tell us about all the fun they had together.





## FUNDRAISERS

In November, we held a 'Spotacular' fundraiser for Children in Need. The Preschoolers loved wearing their pyjamas and Pudsey-themed outfits to school. The children also enjoyed our 'Wear it Red' day and fun walk in February as we raised money in support of Chest, Heart and Stroke.



## SPECIAL VISITORS

We have been delighted this year to welcome an array of visitors to Preschool as we explore different topics each month. Allan the Explorer brought some very special 'Wee Critters' to see us when we learned about Wild Animals and Mr Hullabaloo and his puppets made brilliant Winter-themed stories come to life. We even got the chance to hold and feed fluffy friends from the Ark Farm like Bill and Ben, two very noisy little lambs!

## NEW DINOSAUR TOPIC

The children had the opportunity to choose their own topic for February based on their collective interests and 'Dinosaurs' was the clear winner! They were brilliant at sharing their own knowledge and facts, including some very long and complicated dinosaur names. At the end of the topic, the Preschoolers went on a scavenger hunt in the playground to find where some of their favourite dinosaurs were hiding.



## SUPER SUNFLOWERS

Each week, the two classes explore new ways of making art and expressing their ideas creatively; they love painting, collaging, and anything else that lets them get super messy! As we explored the change of the seasons in Spring, the children planted their very own sunflowers and this experience inspired beautiful paintings which we displayed and celebrated.





Prep. 1 have had an exciting and enjoyable start to their school life at Regent House. They have enjoyed learning through a wide variety of engaging activities. Here are a couple of special things they have done this year...

### WORLD BOOK DAY

Prep. 1 loved dressing up as their favourite book character for World Book Day in March. Each class participated in a World Book Day literacy task. Prep. 1 were the 'Story Starters' group. We met characters called Fillilog and Gwendoline and had to draw a picture of ourselves with them. Our class had to make a choice about which important item we were going to bring on an adventure with us. We also had a costume parade, designed our own book covers and got a book token to take home. It was a great day celebrating our love of books and reading!



### ARK OPEN FARM TRIP

We visited the Ark Open Farm in May. It was great fun travelling to and from the farm on the school minibus. A big thank you to David for driving us safely! We saw lots of different farm animals including lambs, a very cute baby goat, alpacas and a reindeer called Sven! Everyone had an opportunity to feed a baby lamb some milk from a bottle!

We enjoyed a tasty picnic lunch and had lots of fun playing in the park.

After lunch we took a trip on the tractor to see the dinosaurs! ROAR!

When we returned to school we used iPads to produce some super recount work based on our visit to the Ark Open farm.

We all had a lot of fun at the farm! E-I-E-I-O!









## PREP. 2 - PEOPLE WHO HELP US

Prep. 2 loved the topic "People Who Help Us." We learned lots about all the different jobs people do to help look after us and keep us safe. Nurse Andrea came and told us all about her job.



## PREP. 2 - ICT

Prep. 2 love ICT and using the iPads - we are pretty good at it too!





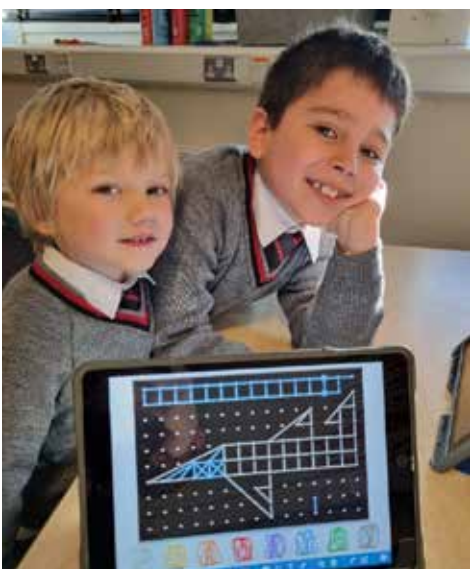
## PREP. 2 - CELEBRATING THE KING'S CORONATION

What a special year it was in 2023. We celebrated the King's Coronation by designing a crown and wearing it to school.



## PREP. 2 - LEARNING IS FUN!

We love to learn, and we love to have fun whilst doing it!





### PREP. 3 - DRAGONS' DEN

Prep. 3 started off the year Dragons' Den style, as inventors, designing and presenting their very own cleaning products. I'm in!



### PREP. 3 - WORLD BOOK DAY

To help us celebrate the importance of books and reading, we enjoyed a fun filled World Book Day full of many of our favourite book characters!



### PREP. 3 - WE ARE ALL SPECIAL AND UNIQUE!

To help us understand how everyone is special and unique in their own way, we all presented and celebrated our special talents.



## PREP. 3- EXPLORED AND MADE 2D AND 3D SHAPES

Prep. 3 used straws and playdoh to create their very own 2D and 3D shapes. Look at the amazing creations!



## PREP. 3 - HAD A BLAST IN W5

They explored the different levels, reached new heights in Climb It and completed a music making workshop where they made their own electric guitars.





## PREP. 4/5 - FAMOUS ARTISTS

Prep. 4/5 started the year by learning about Kandinsky. We learned about colour wheels, how to mix colours and created our own Kandinsky inspired paintings.



## PREP. 4/5 - DINOSAURS

Prep. 4/5 enjoyed delving into our Dinosaur topic and learning all about the different time periods. We made fossils and created our own Dinosaur habitats.





## PREP. 4/5 - PARTIAL ECLIPSE

Prep. 4/5 took advantage of the partial eclipse in October to make our own pin hole camera and explore more about eclipses.



## PREP. 4/5 - ELECTRICITY

As part of our electricity topic, Prep. 4/5 visited W5 and experienced a lesson on creating musical instruments using electricity.





## PREP. 6 - THE VIKINGS

We started off our year in Prep. 6 by discovering as much as we could about the Vikings. The only way to truly become experts is to of course go on a school trip. We went to the North Down Museum and not only did we become archaeologists, digging for ancient Viking artifacts, we also got to play the part too!



## PREP. 6 - SPORTS

We are quite the athletic bunch in Prep. 6 as you can see! This year we had the opportunity to compete with several local schools in both tag rugby and hockey tournaments. We showed excellent determination and teamwork.





## PREP. 6 - CREATIVE WRITING

When we aren't working incredibly hard on SEAG papers, we get to let out our creative sides. We wrote our own whacky short stories and we are all waiting patiently to have our work published in Waterstones!



## PREP. 6 - SCHOOL TRIPS

As a well deserved treat for our continued hard work in Prep 6, we were very fortunate to have the opportunity to watch the Ulster Orchestra play live at the Waterfront Hall. At the same location, we also got to watch the yearly Pantomime.





## PREP. 7 - MENTOR SYSTEM

Prep. 7 started the year by taking part in mentor training. In addition to getting to wear the coveted mentor jackets, mentors play an important role in helping younger pupils in our school make playtimes more enjoyable and set a good example as role models.

Mentors: **M**odel good behaviour,

**E**ncourage others,

**N**otice if someone is not involved in playground games,

**T**ell staff about any problems they have seen,

**O**rganise games and activities that include all pupils,

and show **R**esponsible, sensible behaviour.



## PREP. 7 - SHARE CENTRE, LISNASKEA

Prep. 7 enjoyed a fantastic residential to the Share Centre, Fermanagh. Pupils took part in activities such as archery, climbing walls and even canoed in the snow! We made wonderful memories together during this highlight of Prep. 7.





## PREP. 7 - THE VICTORIAN ERA

As part of our Victorian Era topic, Prep. 7 visited the Ulster Folk Museum and experienced a lesson in a Victorian Schoolroom. We wrote using ink pens and learned about the structure of the day. It was a great experience but Prep. 7 decided they prefer learning in the 21st century!



In class, we designed and created cross-stitch cushions, a popular Victorian craft. We learned how to finish them using the sewing machine, an invention popularised during the Victorian Era.

