



HEALTHY MIND & HEALTHY BODY

*Meet our shining stars of
physical and mental wellbeing*

PLUS

Inspiring speakers

Visiting alumnae light the way ahead for current pupils.

Sporting memories

We delve in the history of PE at South Hampstead.

Stop the press

Alumnae shaping the agenda in news, media and sport.

“As we begin this new academic year, I hope that the joyful spirit of the South Hampstead community, our resilience and our kindness will sustain us as the country and the international community faces some of its biggest challenges in decades.”

VICKY BINGHAM
Headmistress, South Hampstead High School

Resplendens has been printed on FSC® certified and carbon balanced paper by one of only a handful of Carbon Balanced Publication Printers based in the UK.



Carbon Balanced Publication Printer
Impress Print Services Limited Reg. 2220

Philanthropy and Alumnae Department
South Hampstead High School,
3 Maresfield Gardens, London NW3 5SS

Sophie Whitworth
Director of Philanthropy and Alumnae

Lina Vadgama
Executive Assistant

Email alumnae@shhs.gdst.net
Phone 020 7435 2899

CONTENTS

Year in Review	4
Careers & Networking	8
Thank you to our speakers	10
Alumnae Authors	12
GDST Awards	14
Sports and Wellbeing Profiles	16
View from the Archive	34
Reunions & Events	38
Farewell to Staff	43
Obituaries	44
South Hampstead in the News	46
Alumnae in the News	47

Welcome to *Resplendens* 2022, our magazine for South Hampstead alumnae. I write this as the whole country is in mourning for Her Late Majesty, Queen Elizabeth II. As we reflect on her life, it is wonderful to see the pictures in this magazine of our joyful Tea Party when we came together as a community to mark the Platinum Jubilee.

We start the new school year amidst a background of worrying news which is touching every one of us. We have seen a global pandemic and two school lockdowns, war in Ukraine, the onward march of climate change, a terrifying cost of living crisis and the prospect of a “winter of discontent”, and now the passing of the longest serving monarch in our history. So, I am heartened by the genuine hope that seems to have been generated as we have all come together to remember and celebrate the life of Her Late Majesty, the Queen.

In the events section of this magazine, you will read about the Class of 2021 reunion. At this event we talked about Hope and how to remain hopeful amidst a background of worrying news. I was struck by just how engaged these young alumnae were in their academic work at university, far more than I suspect many of us were at the same age. It was clear from the spark in their eyes that they were finding their studies personally and intellectually rewarding. I felt proud that South Hampstead had helped to shape such eloquent, companionable, compassionate, and curious young women and I left the evening full of hope for the future.

Over the course of last year, staff, pupils and alumnae joined focus groups to discuss the character and essence of the school and based on these discussions, we have launched our new school values. Values in schools are often meaningless words papered on a website, but our determination is that our values should be understood and lived by all.

Our first new value is *Aspiration*. It is about trying your hardest to be the best version of yourself, aiming high, but on your own terms. It is about taking pride in one’s achievements



VMMB

VICKY BINGHAM
Headmistress, South Hampstead High School

and wanting to dream big dreams. I can’t think of a better illustration of this than the reflections from our alumnae who have written about their careers for our section on Sport and Wellbeing in this magazine.

The second new value is *Creativity* and it is wonderful to see the creativity of our alumnae celebrated throughout these pages, from the list of published authors to the varied and creative speakers who have come back to share their ideas and experience with our pupils.

Your willingness to give up time to the school reflects your *Kindness*, our third value, which is also embodied in the *Philanthropy Review* enclosed with this magazine. Your generosity has allowed us to welcome one in eight of our new Year 7 pupils on full fee bursaries, and helped us open our doors to Ukrainian pupils.

I can’t think of a better example of the value of *Courage* than our Trailblazer of the Year nominee, Grace Spence Jones. Her story of overcoming adversity and using her disability to effect change is one of the most courageous I have ever heard.

Our final value is *Commitment* — I love the special “spark” of South Hampstead. I love our passion for causes. I love the creativity and the ambition. But what I value most in our community is our grit. That quiet, stoical commitment, reliability, is a virtue that we are losing sight of in the 21st century. Reading about the commitment of Netta Rheinberg to cricket in the ‘View from the Archive’, and the thank-yous to so many long-serving and brilliant staff, I am reassured by the committed and supportive alumnae community which envelops the school.

As we begin this new academic year, I hope that the joyful spirit of the South Hampstead community, our resilience and our kindness will sustain us as the country and the international community faces some of its biggest challenges in decades.

Thank you for your wonderful support and for staying by our side through generations.



The Year in View

We celebrated our best A level and GCSE results in a decade as our students demonstrated their outstanding resilience, application and intellect.

Our Upper Sixth had never taken a public exam and both cohorts endured an extended lockdown last winter. They have had to weather uncertainty from national bodies about whether examinations would even go ahead this summer. So, their performance, which puts South Hampstead 7th at GCSE and in the top 20 overall of the national league tables, is outstanding.

We are determined that our new school values (see the Headmistress' welcome) should be understood and lived by all, and our 'Year in View' demonstrates how the pupils have already been putting them into action over the past 12 months.

FIND OUT MORE

To find out more about life at South Hampstead, have a look at our website www.shhs.gdst.net and Twitter feed @SHHSforGirls.

ASPIRATION

We achieved success in academic competitions, from the University of Oxford's Mary Renault Classics Competition to *The Orbital Science Magazine* and the GDST STEM 700 essay competitions. A student won the GDST's coveted Laurie Magnus poetry prize, and we were the inaugural National Philosothon Champions. In total, we won an astonishing 452 medals across Maths and Science Olympiads and Challenges.

Our school magazine, *The Penguin*, was shortlisted for one of the SHINE national media awards. A digital platform, *Wingspan*, was launched to house all our school publications and showcase the intellect and wit of our students.

63 pupils joined our Going for Gold programme, designed to support and enhance the development of our aspiring athletes. There were some outstanding individual performances in skiing, golf, gymnastics, running and dance. Zoya in Year 11 was selected to represent England in this year's Commonwealth Fencing Championships, winning a silver medal in the Cadet Women's Épée Team competition.

CREATIVITY

The Music Department put on no fewer than 51 concerts. New highlights were the GCSE Composers evening, the inaugural Rock N' Pop concert, the Year 9 Opera project and an outstanding collaboration with our Drama Department of the musical, *The Addams Family*.

Our Drama Department received 5-star reviews at the Edinburgh Fringe Festival with a dark and twisted production called *Numbers*. The department premiered its very first film production at the Vue Cinema on Finchley Road. 93% of our LAMDA students achieved distinctions in their examinations. *The Lion, the Witch and the Wardrobe*, our Lower School production was a magical wintry performance, and it was brilliant to see "theatre in the round" being performed in the Waterloo Hall for the Year 9-11 production, *DNA*.

Creativity is, of course, not confined to the performing arts. 140 different clubs were back in action before, during and after school. Over 100 linguists staged a soirée of language-inspired entertainment. Gallery and theatre trips resumed and aspiring artists visited Venice.

The Year 7 Creativity Week allowed girls to work collaboratively creating Plays in a Day based on Greek Mythology building LEGO cities in Maths and design their own Big Question in their experimental science project. We opened a *codeLab* — a new computer science suite to help students explore the digital world.



The senior school dance show

KINDNESS

The Headmistress set an early example to encourage all to give back by completing her eco-challenge of running 1000 miles and raising over £12,000 for the Woodland Trust. She handed the sporting baton to the pupils and staff, and they did not disappoint. Her example has spawned the school running club where pupils and staff run together on Hampstead Heath and Primrose Hill. Staff from the Modern Languages Department ran 5km and got very muddy for refugee and cancer research charities.

Charitable endeavour didn't stop there, and the fiercely competitive staff netball match raised funds for the Ukraine Humanitarian Appeal whilst bringing our whole school community together with joy and laughter. Meanwhile Year 10 pupils arranged a collaborative sponsored 800km walk — the equivalent distance that many refugees have had to walk from Kyiv to safety in Poland. The funds raised helped on the ground, through the Disaster Emergency Committee, and helped Ukrainian pupils, eight of whom were welcomed to the school in the summer term.

Our students and staff volunteered throughout the year through our partnership programme: Sixth formers and musicians ran extracurricular activities at Holy Trinity School; staff delivered Latin and Modern Language lessons at local primary schools

and gave up their time for the Saturday Sparks enrichment programme; five state schools joined us for Oxbridge preparation and interview practice; our Debate Hub hosted the largest ever primary school debating competition.

The Opening Doors Bursary Dinner raised an astonishing £250,000 thanks to the generosity of our whole community who continued to support our Bursary campaign throughout the year. We were a finalist for a Student Wellbeing Award for positive pastoral leadership in the pandemic.

COURAGE

We encourage our pupils to have the courage to speak up and speak out and in 2021, our debaters were ranked as some of the very best in the world at the International Competition for Young Debaters. We excelled in debating throughout the year with Gold, Silver and Bronze medals in the London university debating competitions.

For our annual Sport for All week, Senior School pupils took part in a wide range of activities, testing their skills and tactics in unfamiliar sports. They enjoyed energetic exercise sessions and played korfbal, strategic kabaddi, softball, spike ball... and even Quidditch! More pupils joined football training sessions than ever before, spurred on by the success of the English women's team.



Spooky Ghosts in the Addams Family musical



Sixth formers get into the spirit of Sports Day



Aspiring artists in Venetian splendour



Sustenance during the sustainability trip

Ten brave Sixth Form musicians took on the Grade 1 Challenge to teach staff a new musical instrument. Younger students joined schools in Rwanda, Calcutta and Columbia to participate in collaborative projects and enjoy getting to know each other. 168 pupils completed Duke of Edinburgh expeditions in wind, rain and occasionally in sunshine. Our adventurous programme of trips resumed, including a wonderful new sustainability trip to Wales.

Our sports teams had what we suspect was their most successful year in the history of South Hampstead: We were U15 Middlesex Champions in Netball and U13 Middlesex Champions in Cricket, and Runners Up at U13 level in Netball. We were silver medallists in no fewer than four GDST sports. We were national champions in skiing. More than 70 dancers participated in the first spectacular dance show since before the pandemic and every pupil in Key stage 1 was involved with at least one sporting club.

COMMITMENT

Our students approached public examinations with total commitment but also found time to excel outside the curriculum.

Sixth Formers mobilised a series of themed weeks to focus attention on different topics, including Wellness, Black History, Pride, Culture, Neurodiversity and Sustainability.

We are committed to reducing our environmental impact through the Project Zero initiative and pupils and staff were represented at COP26 in Glasgow. Eco Reps undertook an energy audit to help frame our sustainability goals and Junior School pupils and year 7 raised money to plant trees. South Hampstead was shortlisted for Tatler's Best Eco Warriors Award.

It has been an action-packed year full of creativity, kindness, courage and commitment and has culminated in South Hampstead being nominated as Girls' School of the Year finalist in the Independent Schools Awards 2022.



Airborne students play South Hampstead Quidditch

Careers & Networking

With the pace of change having a huge impact on how and where we work in the future, we rely increasingly on our alumnae community to help us prepare pupils for the world of work and to continue to support each other for life after South Hampstead.

Our Futures Programme provides a comprehensive framework to equip girls for life beyond their school years. This year, our alumnae have played an integral part in this programme, giving Sixth Form talks, joining our “Careers In” carousel, and delivering bespoke workshops. Our Deputy Head for Careers, Community and Co-curricular Dr Rachel Osborne, shares her vision for creating the “Rebel Mindset” in our students through the South Hampstead Futures Programme.

Collective Intelligence describes the holistic power of team working, and Matthew Syed argues, in his book *Rebel Ideas*, that cognitive diversity is the critical ingredient that drives this concept. Being able to understand group thinking, the advantages and pitfalls, can allow businesses to create innovative solutions to complex problems that the individual cannot solve. The book starts by describing how catastrophic homogeneity within a corporation can be, citing the “white-as-rice-culture” of the 1990’s CIA as one of the main reasons they failed to connect the dots and predict 9/11. While a lack of cognitive diversity doesn’t always lead to quite such a dramatic and horrific outcome, the message is quite clear. If the CIA had employed a more diverse workforce, the collective intelligence and different points of view could have saved lives.

Using the example of the ant colony, Syed describes the need to zoom out from the individual ants to observe their behaviour as a collective, building sophisticated homes and finding sources of food, that a single ant could not achieve alone. At South Hampstead, we have bright, articulate and intelligent girls, with the majority of the school curriculum geared up to make the most of every individual. So how do we develop their Rebel Ideas mindset — an appreciation of cognitive diversity and ability to work creatively with people with differences in

perspective, insights, experiences and thinking styles? Syed’s book inspired the new Rebel Minds programme at South Hampstead. Lying parallel to the more traditional careers programme, this aims to create opportunity for group creativity and innovation.

For our students in Years 7 to 9, we have *Rebel Thinkers*. Previously run as an off-timetable day, and relaunched as an after-school club for September, this introduces groups of students to business and marketing theory. Each group will identify and develop a product or service, writing their brand vision, marketing plans and pitching their ideas to a panel. Each year the students will have the opportunity to “level up” and improve on their understanding of business theory. Our students never fail to impress me with their ideas, which have included a light-up model of teeth to help young children brush their teeth for the correct amount of time; and a dog hotel promising you and your dog a “wooftastic” experience.

Our Year 10 and 11 students will have the opportunity to take part in a *Rebel Weekender*. This is an entrepreneurial day, jointly run with another school, with teams mixed across the two schools. This will launch next year and will be a fantastic opportunity for our students to work with others outside of their immediate peer group.

In September, we are delighted to be launching LEAD for our Sixth Form students. The GDST Leadership and Enterprise Advanced Diploma has been developed in conjunction with the London School of Economics and provides leadership training, an enterprise challenge and mentorship from LSE alumnae from a variety of start-up business backgrounds. There are 17 schools across the GDST network signed up and, with two bootcamps at LSE planned for next year, this promises to be a very exciting opportunity.

“At South Hampstead, we have bright, articulate and intelligent girls, with the majority of the school curriculum geared up to make the most of every individual. So how do we develop their Rebel Ideas mindset — an appreciation of cognitive diversity and ability to work creatively with people with differences in perspective, insights, experiences and thinking styles?”

DR RACHEL OSBORNE

Deputy Head for Careers, Community and Co-curricular



Olivia Rubin (2000) joined our Futures Programme to talk about work ethic and diversity in design

Networking for Alumnae

The GDST runs a number of networking groups for the alumnae community.

Full details can be found via the GDST Life platform or at:



www.gdst.net/
alumnae/
networking-
groups

Individual schools host networking events throughout the year and full details can be found on our website (www.shhs.gdst.net) or via:



Connections with South Hampstead community:



www.linkedin.
com/school/
south-hampstead-
high-school



University and careers mentoring in a closed environment:



app.rungway.com



Events, information, networking groups, contacts across the GDST:



www.gdst.net/
gdst-life

There is not enough room to list everyone from our community who has given their time and expertise to help our students and staff this year. The day-to-day contribution from the broader alumnae community is invaluable and we are extremely grateful to you all. Our particular thanks this year goes to:

Tiina Lee (1986) who was the keynote speaker at our Prize Giving Ceremony.

School assembly speakers Doctor **Grace Spence Green (2014)** and Film Producer and GDST Alumna of the Year finalist, **Negeen Yazdi (1995)**.

Jenny Mindell (1974) professor of Public Health, and **Jenny Kleeman (1997)**, broadcaster, journalist and author who spoke to Sixth Formers as part of the *Opening Minds* series of talks.

Emily Christensen (parent) of The Courtauld Institute of Art who judged the ARTiculation public speaking competition.

Sonia Belkin (2021), **Auhona Majumdar (2021)**, **Megan Szell (2021)**, **Jane Barraclough (2020)** and **Nadia Sorabji Stewart (2020)** who returned to help with Debating workshops and judge competitions.

Designer **Olivia Aslett (2014)**, journalist **Charlotte Oliver (2007)**, author **Katie Pagonis (2012)**, fashion designer **Olivia Rubin (2000)**, entrepreneur **Nadia Odunayo (2010)**, neuroscientist **Laura Watkins (1992)**, marketing consultant **Rebecca Goldenberg (2003)**, sports psychologist **Osiro Imoedemhe (2011)**, model **Bella Glanville (2017)**, who all returned to South Hampstead to speak to students.

Art Curator **Kira Wainstein (2015)**, copywriter **Kim Laidlaw (1999)**, and Behaviour Change Coach **Gemma Perlin (2009)**, for speaking to students as part of our careers Futures Programme.

Karen Pollock (1992) CBE and Professor **Abi Gewirtz (1983)** who spoke to the GDST Alumnae Community. Abi is a child psychologist and recorded a *Raise Her Up* podcast; Karen spoke about her role as CEO of the Holocaust Educational Trust for the Alumna of the Year *In Conversation* series.

Beate Planskoy (née Frankfurter) who spoke to our Junior School pupils about joining South Hampstead as a 9 year old Jewish refugee from Berlin, along with her sister, the renowned artist, **Eva Frankfurter**.

Olivia Rubin (2000), **Meheen Rangoonwala (2001)**, **Laura Watkins (1992)**, **Rebecca Goldenberg (2003)** and **Gemma Perlin (2009)** for sharing their career stories in our *Motivational Monday* series.

Ayala Bernstein (2020), **Jilli Crosby (2012)**, **Clare Simon (2005)**, **Alice Roueché (1997)**, **Chloe Macaulay (1992)**, **Natalia Abramovich (2014)**, **Tatiana Zhelezniakova (2013)**, **Valerie Wass (Governor)**, **Saaya Perera (2020)**, **Ziba Sarikhani (2007)** and **Molly Windust (2017)** for conducting mock interviews with Sixth Form students from South Hampstead and our partnership state schools.

Mia Brent, **Estie Gordon**, **Nil Koksall** and **Iona Luke** who worked with the admissions, alumnae and philanthropy teams this term and to **Eva Chowdhury (2019)** who worked on reception and accompanied Year 8 on their PGL trip.

Averil Burgess (Hon Alumnae) who inaugurated the newly refurbished Burgess Room.

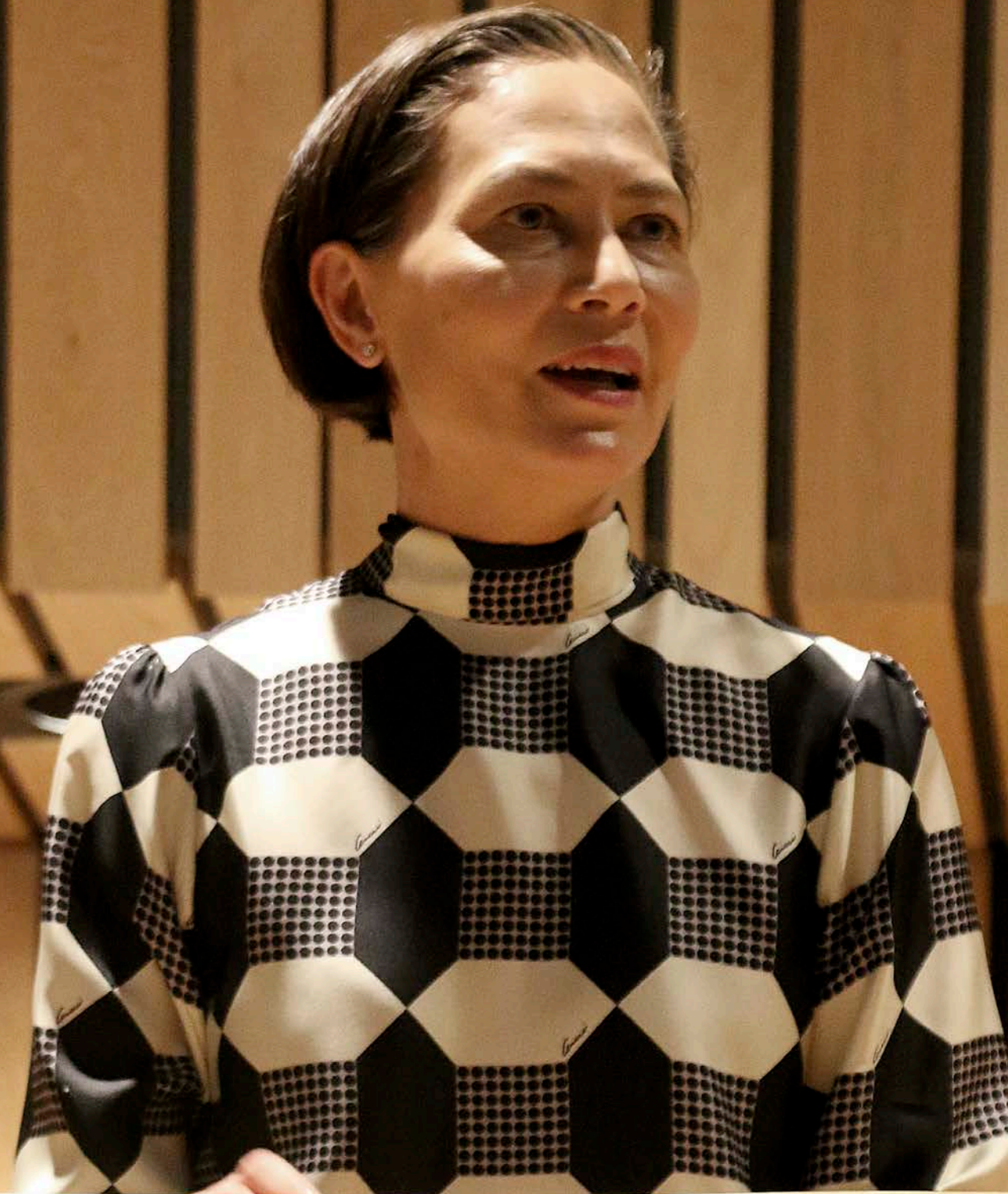
Our alumnae and parents who shared their experience and advice with our students in our "Careers in" sessions:

Joan Arnold (1966), **Zoe Cokeliss Barsley (1999)**, **Jo de Berry (1991)**, **Rebecca Wilkinson (2000)**, **Charlotte Bolland (Parent)** **Nikhil Chandra (Governor)**, **Charlotte Cromie (2014)**, **Rebecca Goldenberg (2003)**, **Matt Hammond (Parent)**, **Nicole Harvey (2009)**, **Alexandra Jo Heller (2010)**, **Catherine Howard (Parent)**, **Rona Bar-Isaac (1991)**, **Joseph Jacobson (1997)**, **Flora Kessler (2007)**, **Ayesha Khan (2012)**, **Charlotte Oliver (2009)**, **Jess Rajwan (2003)**, **Jacqueline Steers (Parent)**, **Natalie Wilson (1994)**, **Joelle Reed (2014)**, **Nina Sandelson (2015)**, **Nicola Osrin (2015)**, **Katya Ring (2016)**, **Heather Davis (Parent)**.



You can find out more about these talks and visits in the news section of our website <https://www.shhs.gdst.net/news/latest-news/>

Thank you to all our speakers



TINA LEE (1986)

Keynote speaker at our
Prize Giving Ceremony



We have a growing collection of alumnae author titles in the school library and encourage students to read them. All books written by alumnae will display our alumnae author logo.



Alumnae Authors

The list of alumnae authors continues to grow. Here are just a few of the titles our alumnae have published this year:

- LAURA WATKINS Co-author of *The Performance Curve*
- EMILY GROSSMAN *Meet the Microbes* — shortlisted for the Information Book Award 2022
- JULIE KLEEMAN *Taste of Tibet: family recipes from the Himalayas*
- ALLIE ESIRI *A poet for Everyday of the Year*
- HELEN DYMOND *Finding Handel*
- SARAH JEWELL *In and Out of Africa — Memoirs of Peter Jewell and Juliet Clutton-Brock*
- SARIA HAMEED *The Full Diet — a revolutionary way to achieve weight loss*
- LARA FEIGEL *Look! We Have Come Through! Living with D H Lawrence*
- AMANDA DEWINTER *The Success Code* — paperback edition
- NADIA ODUNAYO 1 million users registered for her book recommendation app, *The StoryGraph*
- LUCY RAITZ *Swann in Love* — a translation of Proust's novel

Dr. Laura Watkins

Dr Laura Watkins (1992), a neuroscience expert and Cognitas Group co-founder, visited South Hampstead as part of our STEM week in March to talk about her work and new book.

Having both well-being and success at work doesn't have to be a balancing act. In fact, with her co-author Vanessa Dietzel, Laura has tried to crack the conundrum of how to make wellness and effectiveness work in concert with one another. By taking pause to assess our default responses, we can take new problem-solving avenues that build our capacity to handle change and complexity.

"We wanted to answer the question of what it really takes to have effectiveness and well-being work in concert — to complement each other rather than to work against each other. To do that, we've tried to come up with a practical road map drawing on all of the different elements of our expertise: My background as a neuroscientist and in adult development psychology; my colleague Vanessa Dietzel's background as a yoga teacher and a breathwork therapist; and both of our work in executive coaching.

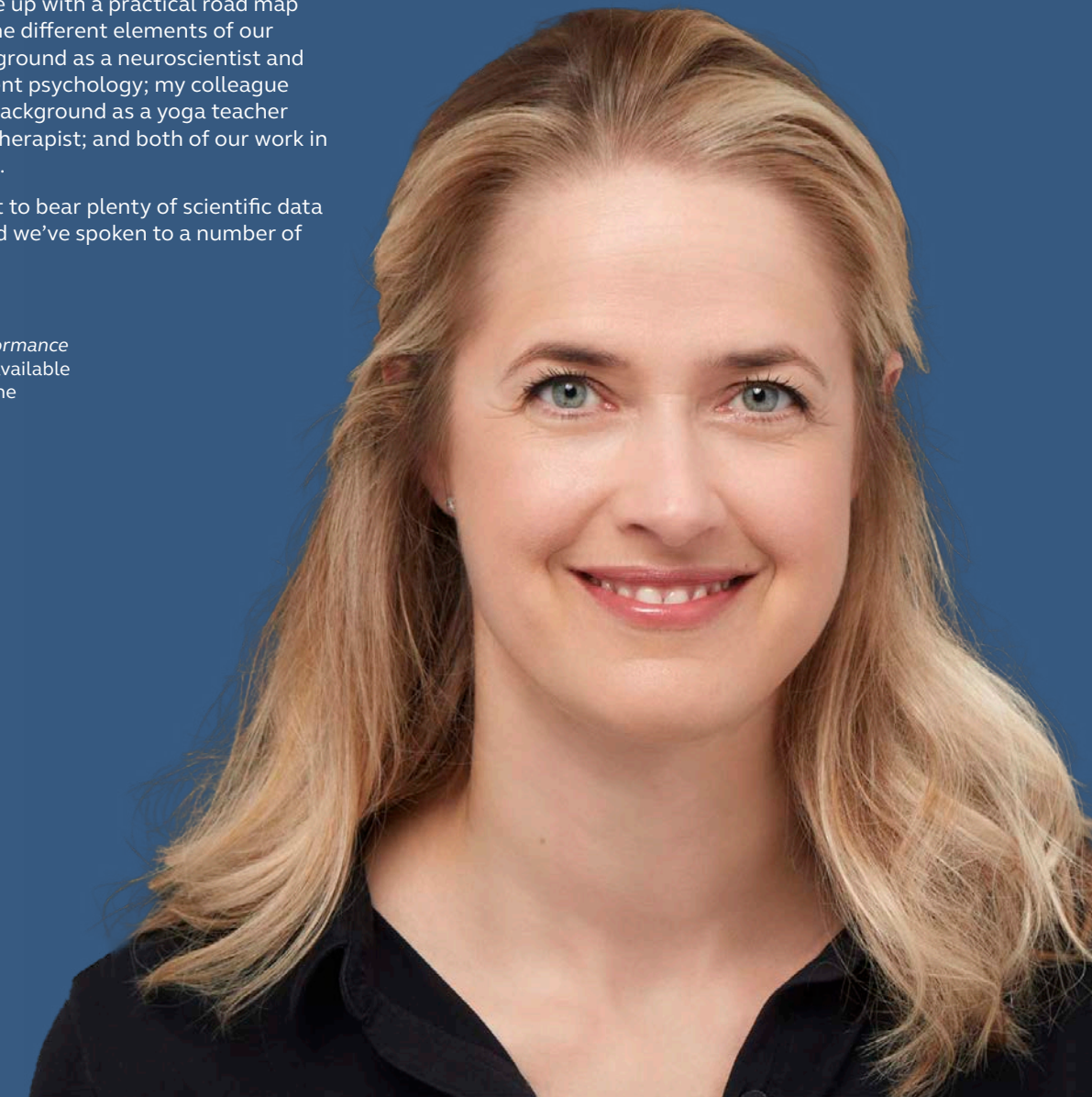
We've also brought to bear plenty of scientific data to the problem, and we've spoken to a number of

remarkable individuals from many walks of life who we think have little pieces of this puzzle about what it takes to have effectiveness and well-being work together.

I didn't learn any of this stuff at school. I wasn't taught any of these techniques at school, and very little at home. My guess is that it's the same for many of us of my generation, but I think that's changing. When I visited South Hampstead, almost all of the pupils there were aware of the idea of the growth mindset."



The Performance Curve is available here online



GDST AWARDS

Speaking Out

We were delighted that alumna Negeen Yazdi, shortlisted for the 2022 GDST Alumna of the Year Award, and Grace Spence Jones, GDST Trailblazer of the Year finalist, returned to deliver school assemblies to pupils and staff this year.

Grace Spence Green

Grace is a doctor working to challenge the narratives surrounding disability, medicine and identity. She recently featured on BBC Radio's 4 Life Changing series, and has been interviewed in The Guardian. She also co-hosts a podcast called "This Is Spinal Crap" about people living with spinal injuries and is a patron of the charity Children Today.



In 2018, aged just 22 and in her fourth year as a medical student, Grace's life changed instantly when she was crushed at a shopping centre by a man falling on her from three floors above. She sustained a spinal cord injury and is now a full-time wheelchair user. She is passionate about medicine, advocacy for the disabled community and challenging ableism, the stigma surrounding disability and inaccessible spaces.

Grace successfully qualified and started work as a junior doctor this summer. Her ultimate aim is to work in paediatrics, especially with disabled children, "because I think they don't get enough of a voice for themselves."

There are still times when she experiences grief at what she has lost, she says, but it isn't helpful to dwell on it. "I used to think: I'd be happy if I could walk again." And I don't think that's true, so I've started to reframe desire into what's good for me, what makes me feel good? I think you can focus too much on what you lack in life: "If I had this, then I'd be happy."

Instead, she concentrates on what she has gained — a wealth of new experiences, friends and perspectives. "Talking about disability and advocating for disabled people has become something I'm so passionate about. Without my injury, I wouldn't have that," she says. "I'd really like to keep talking about this and, especially when I start as a doctor, I think I'll have more to say. I'm really positive about making hospitals more accessible, especially for colleagues."

She explained that, when she encounters bias in her professional and personal life, she is motivated to challenge people's attitudes to wheelchair users. "I'd like to use my position to effect change — to fight back against negative views of disability. I encounter a lot of unconscious bias from those around me... sometimes I'm seen as the patient rather than the doctor because I have a disability."

I view what happened to me in a different way to others... and I reject the idea of being a victim. I am so happy with my life at the moment, and I wouldn't take it back. Existing — living a happy, normal life, is activism in itself."

Negeen Yazdi

Negeen is Senior Vice-President of Film at Endeavor Content, a division of global entertainment leader Endeavor. Her portfolio of work includes numerous Oscar and Bafta-winning titles including *The Imitation Game*, *The Artist*, *Lion*, *Philomena* and the BBC's 6-part adaptation of *War & Peace*. She is a Voting member of BAFTA and The Academy of Motion Pictures (Oscars) and Chair of Endeavor Content's "Women in The Workplace" initiative.

She spoke to pupils about the path she had taken into working in film and initiatives to ensure better representation of women across the industry.

"I have very fond memories of South Hampstead and loved the art room more than anything else. I think it was a place where I could really express myself. What I gained most from my time at the school was a sense of self-confidence and belief. The South Hampstead Spirit was instilled in all of us and that set me up for life.

Growing up in the 1990s it wasn't obvious how you could be part of the film industry. I didn't really know it existed as place to work; it was just something that I had always loved. It was a love passed down to me from my dad who was an Iranian immigrant. He was always passionate about the cinema and spent hours watching movies with me and educating me about the history of film.

At university I studied French and Spanish and happened to take a couple of cinema modules. That led me to take a masters in film at NYU which opened up a huge new world. But it doesn't matter how talented you are, you have to work hard to succeed in the film industry. I started at the bottom and worked my way up. It's about putting yourself out there, grabbing opportunities, meeting people, showing people you're interested in them and being passionate about their industry — If you see someone you admire, go and talk to them; ask them how you can help, how you can make things easier for them; channel that pushy South Hampstead-ness in your favour and really go for it and don't be afraid to show your personality; be ready to start with the small stuff and behave with respect; be a runner, do the photocopying and do it well and with enthusiasm.

I used to work for a very demanding producer. He would give me insane tasks, like "go and find Brad Pitt and persuade him to be in our film. He is shooting somewhere in the English countryside. Persuade Harry Styles to do a voice-over in a cartoon by knocking on his door." These silly tasks push you to realise what you can actually achieve.

I currently oversee film development and production for Endeavor Content, which finances, packages and sells feature films and TV series. This year we made 15 films which will be on Netflix, Amazon, Paramount, Apple, Universal. We look for great stories, find the right hooks, secure the rights to books, get scripts into shape and work out who we want to be in the film,

and how we're going to make it.

We oversee production all the way through the edit, and to the final throes of post-production. My favourite film and the recent work I'm proudest of is *The Lost Daughter*, directed by Maggie Gyllenhaal and starring GDST alumna Olivia Colman. The film was nominated for 3 Oscars, 2 Golden Globes, 2 BAFTAs, and has won numerous awards this year. I'm most passionate about working on films that can move culture, and change opinions and mindsets in the way *The Lost Daughter* did.

I am also really proud of our Women in the Workplace initiative at Endeavor Content. The film industry has traditionally been very male dominated, and although it is changing for the better, I'm still often the only woman in the room. We need more women represented on and off the camera to ensure more variety of content and different perspectives. At Endeavor, we created our own movement to help protect the rights of women and to foster an environment where women can not just survive, but thrive. We need to continue to work together to help shine a light on all minorities and create a diverse and inclusive industry."



SPORTS & WELLBEING PROFILES

Healthy lives & Healthy minds

Director of PE and Sport, Charlotte Hardy reflects on how the school has been promoting physical and mental health through our sport and wellbeing initiatives as she introduces some of our alumnae who work in these areas.



Director of PE & Sport, Charlotte Hardy leads by example in the staff netball

This summer, we have again seen how the power and influence of sport stretches beyond the physical game. England's win at the UEFA Women's EURO 2022 challenged the perception of women in sport, and gave female sports players the recognition they deserve. The Commonwealth Games in Birmingham showed us how sport can bring people together from all nationalities, regardless of their cultural background, disability, gender, or socio-economic background.

Sport can be a critical part of our personal development and wellbeing. It helps us develop healthy habits for life and creates an environment to foster competitive spirit. At South Hampstead, physical activity is as much a part of learning as any academic subject. We aim to engender an attitude of physical activity for life and sport for all in our students, and we ensure that PE provision has an ethos of inclusive excellence.

The positive effect that sport has on your mental health is invaluable and there are also studies conducted on the relationship between sport and good grades. Sport teaches you to be resilient, to be able to manage the highs and the lows of whatever is thrown at you. You may not be able to find the sport you love straight away, but there is a physical activity out there for everyone. It's important to try different activities and find your niche.

Sport can teach you so much and can have such a positive impact on your life. One of the most important aspects for me is teamwork: the sense of belonging to a team and working towards a shared goal is so rewarding. There are many beneficial transferable skills you develop when playing team sports, for example being able to work effectively as part of a team in the workplace. Being able to join a sports club or team when you first go to university or move to a new area is the perfect way to make new connections.

It is incredibly inspiring to everyone in our community to be able to see alumnae working and participating in such a wide variety of sports. In reading Sophie Penney's interview as a journalist, I was struck by how motivated she is to give a voice to under-represented sports players. When I read Lilah Fear's piece on her skating career, I could see how her dedication and passion led her to the Olympic Games.

As alumnae, you will all have memories of playing and watching sport in many different ways at South Hampstead. I hope these stories will inspire you and show you again the many different advantages that physical activity can bring.



Vivienne aged 15



The Headgirl



Walking down the Finchley Road



Year 6 in the Junior School

BALLET

Vivienne Saxton

Vivienne has taught and examined classical ballet technique worldwide for the length of her career. She trained at the Royal Ballet School and became a ballet teacher aged 21. Apart from running her own school for some years, she has taught at many vocational dance colleges, including the Royal Ballet School. Vivienne studied for a Masters in Ballet Studies in her 40s and is now the Director of Dance at the Momentum Performing Arts Academy, an industry-leading performing arts college, as well as Lead Examiner at the Imperial Society of Teachers of Dancing, responsible for training examiners and developing dance teaching qualifications. She is also an external examiner for the Royal Ballet School BA(Hons) Degree course.

At South Hampstead, the corridor leading to the Headmistress' office is lined with historic school photographs, going back to the 1960s. In one particular photograph from May 1974, there's a cut-out image of a smiling Sixth Former prominently positioned in the centre of the image. Who was this happy student, who had been superimposed into the school photograph, long before Photoshop existed?

It has taken this interview to solve this mystery. "That's me!" proclaimed Vivienne during her tour of the school. "The whole school photo day clashed with my final audition for the Royal Ballet School. My teachers tried so hard to move the date so I could be included, as I was Head Girl at the time. It just wasn't possible, so the photographer compromised and added my head shot instead."

My interview with Vivienne reveals not only the mystery student in the photograph, but also a family associated with South Hampstead for four generations. "I chose to send my daughter Leah Jesnick (2009) here. She had a fantastic time and is now a Clinical Psychologist," says Vivienne. "My mother Jean Infield (1941) was a pupil during the Second World War and evacuated to Berkhamsted. Her great school friend was the actress Miriam Karlin (née Samuels), and they kept in touch until her death in 2011." Jean went on to become a doctor, specialising in gynaecology and family planning.

Jean's brother Gordon married South Hampstead alumna Roda Infield (Lincoln) (1952), and Roda's mother Sybil Lincoln (Cohen) also studied at the school, leaving in 1932. "I think Roda and Gordon would have loved to have sent their children to South Hampstead too, but alas they had two boys and had to make do with Habs Boys instead," says Vivienne smiling.

"South Hampstead taught all the women in our family to be strong-minded and confident," she proudly tells me. "School taught me to be disciplined, principled and gave me a solid academic background so that I could go on and achieve in the ballet world. I don't think I would have been able to do everything I've gone on to do without my education. It gave me the leadership skills and the academic rigour which enabled me to chair our ballet faculty and run a degree course."

Vivienne first started ballet aged 5 with her school friends as an activity to fill the Wednesday half day at the Junior School while her mother worked. "We used to walk down to Stella Mann School of Dancing on Finchley Road where JW3 now is," says Vivienne as she looks back on her school days. "My ballet teacher really inspired me. I loved performing and from the age of 8, I had my heart set on becoming a ballet teacher like her. I think it came out in my personality too. If I

wasn't teaching ballet, I would have taught something else."

When Vivienne moved to the Senior School, she was the only one out of all her friends who continued with ballet classes. "Ballet was something I had my heart set on," she says. "Up until the age of 18, I spent all of Saturdays and one or two nights a week at ballet school. As long as I did all my homework, my parents were always happy to support me."

Vivienne says that it was her teachers who were formative and helped her develop skills for life, not just for writing an essay. "My history teacher, Mrs Woodings, was an amazing lady and showed me how to compartmentalise when life gets busy — skills that I still use today. I can still hear her say 'You have a lot on. You have ballet, you have A levels and you're the Head Girl. You need to focus on one responsibility at a time.'"

Vivienne left South Hampstead in 1974 to study teaching at the Royal Ballet School. "When I joined the teaching course, I was 18 years old, not 16 years like everyone else who left school after O Levels to start their vocational training. I am the only person of my generation in the sector who has A-levels. This helped me enormously as I built my ballet teaching career."

"Ballet is the basis of all dance genres. It teaches you posture, placement and allows you to understand how we can use our bodies and how we move around. As you learn ballet positions, you also learn about strength, power and how to jump. It's possible to now study the science of dance, which has developed out of studies in sports science. When you're doing anything physical, there needs to be an understanding of how the body works. And when you're performing professionally, you learn about your body and train it to perform its best at a particular skill. That's the sport element of dance."

If we are passionate about sport, and excel in it, could we all become dancers too, I ask? "The big difference with dance is that it involves music, expression and performance. This is what takes it away from sport: the innate sense of artistry, musicality and performance. And if you don't have this, you won't make it as a dancer."

Vivienne's advice to students and alumnae considering a career in dance today is "if you want to succeed, you need to be 100% committed and disciplined to train your body. The ballet profession itself has changed very little since I entered it 40 years ago. What has changed for the better is the inclusion and diversity in the sector. We no longer have male and female syllabuses, and I'm thankful that the Royal Ballet School has always been willing to embrace change."

by Fiona Hurst (1997)

ICE SKATING

Lilah Fear

Figure skater Lilah Fear (2017) and her partner, Lewis Gibson, represented Team GB at this year's Winter Olympics in Beijing. At South Hampstead, Lilah juggled her skating commitments with her academic studies, as well as being a Music Scholar. In Sixth Form, she was appointed Deputy Head Girl and went on to study Psychology at McGill University in Canada. Lilah speaks to Resplendens about ice skating, her experience of the Olympics and her time at South Hampstead.

When did you start ice skating and what encouraged you to continue?

I began skating at the tender age of two with casual lessons with my friends and sisters. Having Canadian parents, I was naturally introduced to the sport and immediately fell in love with the creative aspect. Torvill and Dean have left a huge legacy in UK ice skating, and my wonderful coaches at Queens Ice Bowl quickly introduced me to ice dance. This is where I really found my passion and began to progress in the sport. In 2015, I was introduced to my skating partner, Lewis Gibson, who was a Junior Skater at the time and had never done ice dance. We're a great match, physically and in terms of our personalities. We're both driven, passionate, respect each other and enjoy training with each other. Together, we've climbed the world rankings and were thrilled to become Olympians in February.

When did you decide to become an elite athlete?

While I was at school, Lewis and I were rapidly improving as figure skaters and we were curious to find out what we could achieve in the skating world. After A-levels, I deferred my US university place and took a gap year to train full-time in at the amazing Ice Academy of Montreal in Canada. During that year, we focused entirely on skating, training and learning from the best in the world. The experience persuaded me to continue with skating professionally, but I also value my education, so I transferred my university place to McGill University in Montreal. I am really enjoying my studies and absolutely love my life as an elite skater.

What are your most memorable or amusing moments from your skating career?

Without a doubt, one of the biggest moments was skating at the Olympics this year. After so many tough months due to the Covid pandemic and rigorous training in the lead up to Beijing, skating across the Olympic rings and performing our two dances were such amazing moments. I also have fond memories from our first competition in Japan for the NHK Trophy in 2018. We received such a warm welcome and I learnt so much about Japan as a country and its culture. Lewis and I have many amusing moments from our training as we learn new moves. It's always a process of experimentation and our blooper reel is definitely very entertaining!

Do you have any role models?

Both Lewis and I are very inspired by Torvill and Dean. To have won an Olympic gold medal is an incredible accomplishment and their innovation and creativity is unparalleled. We are very lucky to have met them and worked with them. After the Olympics, we joined them on

the TV show, *Dancing on Ice*. We're also endlessly inspired by Tessa Virtue and Scott Moir, the most decorated Canadian ice dancers of all time, who have won multiple Olympic medals. They trained at our academy before the 2018 Olympics and we witnessed their talent, creativity, athleticism and professionalism first-hand. We are lucky to train with many of the best in the world, all of whom inspire us and motivate us to strive for more.

What was it like to be part of Team GB at the Olympic Games?

Lewis and I had dreamt of skating at the Olympics ever since we were children. We were absolutely blown away by the whole experience. A media day in the UK named us to Team GB; we received an Olympic kit with Team GB branded gloves, t-shirts, wool coats and even luggage! It was an absolute honour to receive it, and an even greater one to wear it. Our rooms in the Olympic Village were decorated with GB flags, pillows and cards of good luck from UK school children. We met Olympians from all over the world. We still had to be mindful of Covid when moving around the village and were careful to wear masks, keep our distance and take part in rigorous testing. We practised daily, had physio treatment, gentle training, resting and refuelling. We became involved in the infamous pin trading and have memorable pins from Jamaica and Peru! We made so many friends and have so many memories from our time in Beijing. For those dreaming of one day becoming an Olympian — aim high, dream big and work hard. Anything is possible.

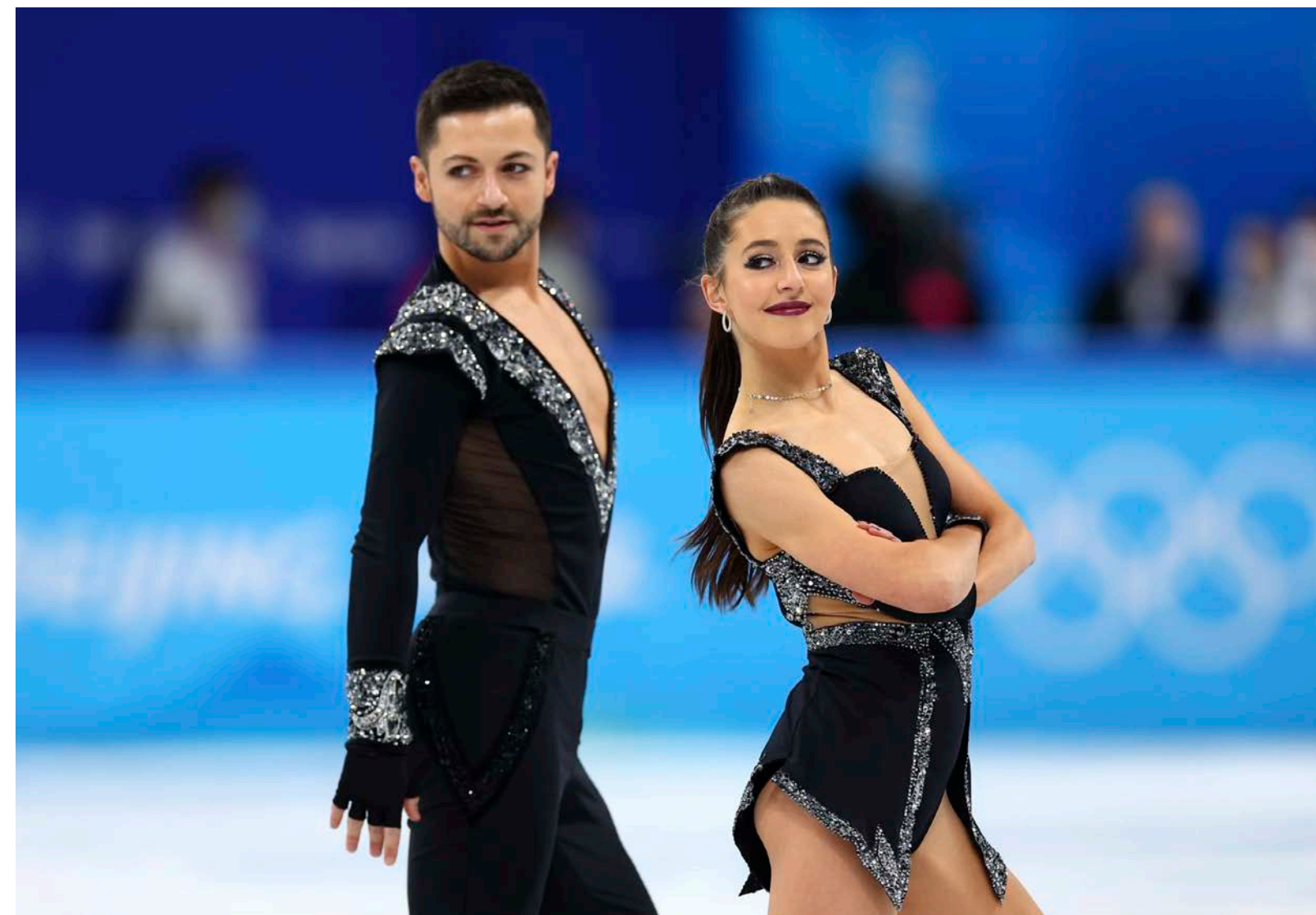
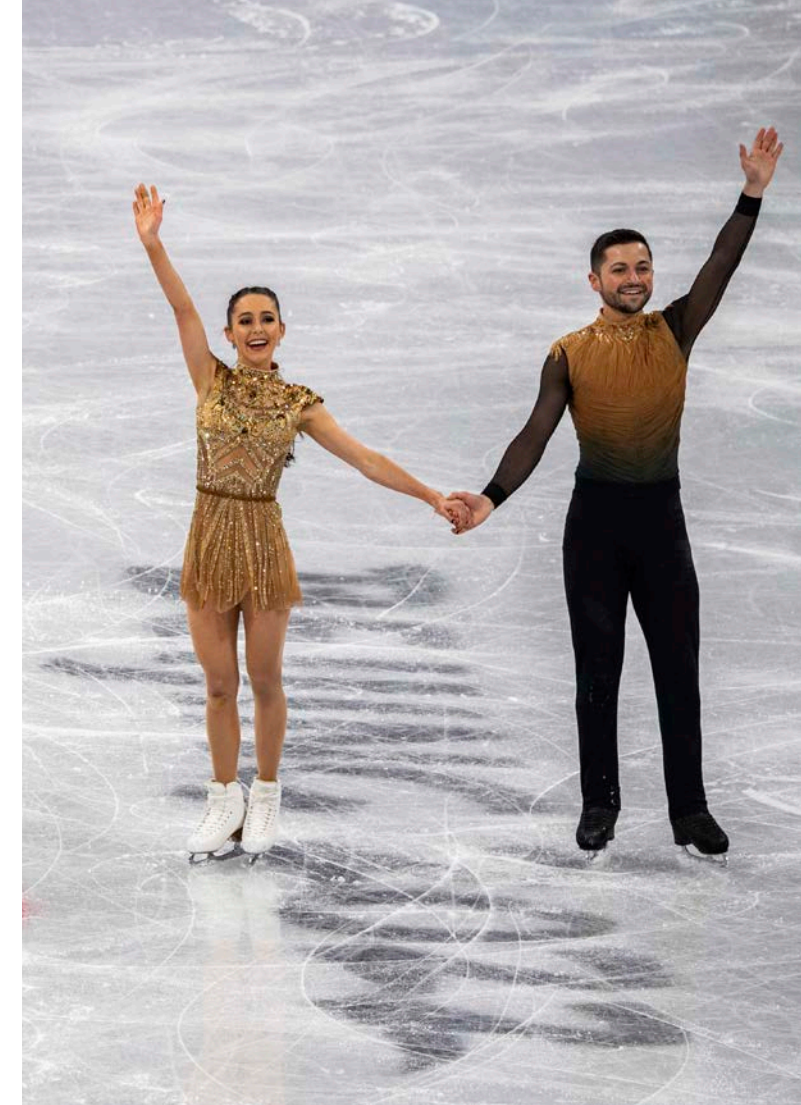
How did your time at South Hampstead impact your career path?

South Hampstead was an amazing part of my childhood, and the school always supported me and the demands of my skating career. I was inspired by my education and loved so many of my teachers. I was dedicated to the school and gave back through my role on the Head Girl team, and as a music and an academic scholar. I played many school sports including netball, field hockey, running and tennis. I feel very fortunate to have had such an exceptional education.

What do I love most about what I do?

I truly love my daily training and the hard work we put in both on and off the ice. We train with some of the best coaches and skaters in the world and it is truly so inspiring. I feel beyond grateful to skate with Lewis, my wonderful friend and partner, and to represent the country where I grew up and of which I am so incredibly proud. I feel so fortunate to pursue the sport that I love as my job, and also to study and learn.

"I had dreamt of skating at the Olympics ever since I was a child. I feel beyond grateful to represent the country where I grew up and of which I am so incredibly proud"





On the netball team!



Running on the heath!

RUNNING

Hannah Viner

We have been following Hannah Viner's running progress since she left South Hampstead in 2014. These days, she is managing to juggle sporting competitions with her career as a civil servant with the two wonderfully colliding over the summer at the Commonwealth Games. For Resplendens, she reflects on good advice, slippery mud and the love of sport garnered during her years at South Hampstead.

My first running race longer than 600 metres took place at what I now know as the home of English cross-country. We were allowed to order a "grab and dash" that day and, escaping afternoon lessons, Mrs Rogers took us on a minibus to Parliament Hill on Hampstead Heath.

I wore my white South Hampstead PE kit polo shirt with the fiery crown crest and a paper number pinned on wonkily at the front (a habit I have retained) and some comically large but exceedingly comfortable blue shorts. It was the Year 7 Camden Schools Cross-Country Championships and I came second.

I don't remember too much of the race itself except quite a lot of slippery mud, a really horrible stitch and the feeling that perhaps I might be okay at this cross-country lark.

One of the lasting impressions I have from my time at South Hampstead, alongside a lot of cake and laughter, is that our teachers were generally right — and I don't just say that because one of them happens to be my mother.

Whether it was Mr Harkins telling me that I should do A Level English because he knew that's what I would enjoy most and end up studying at university; Mrs Rogers telling me I would fit right into the South Hampstead hockey team because it was essentially football with sticks; or Miss Stockdale's conviction that I would be able to achieve anything if I worked for it.

Perhaps my favourite memory though from these conversations on the synthetic blue carpet of the landing outside the staff room in the old school building is the running battle I had with Ms Hurley (now Mrs Cooke). After weeks of skirmishes, she told me in no uncertain terms that I was going to be on her netball team and, what's worse, I would have to wear one of those awful skirts to do it in.

When I went to support Team England in the netball at the Commonwealth Games in Birmingham, I was sure to let her know I was there. She generously messaged back to say that if I'd carried on playing it would likely have been me in that team. Perhaps, but I'm still not sure I'd get on with those ridiculous dresses they wear...

Since leaving school, I have run for England several times over 10k, got very close to a spot on the GB

cross-country team, qualified as an athletics coach to a brilliant group of teenagers and acquired the long and pompous job title of *Senior Press Officer and Press Secretary to the Lords Minister* at the Department for Work and Pensions.

One of the perks of working for the Government, apart from an extra day off for the King's birthday, is some of the opportunities it brings. For example, I was able to work behind the scenes at the Platinum Jubilee — I can confirm that the concert at the Palace was really good live. I attend weekly meetings at Number 10, though disappointingly I have yet to meet Larry the cat or be papped or hollered at by the press pack. But best of all for me, I was seconded to the Birmingham 2022 organising committee press office for the duration of the Commonwealth Games.

For three weeks over the summer I lived and breathed one of the biggest festivals of sport in the world: from testing out the *BBC Breakfast* sofa; to briefing volunteers, VIPs and CEOs in interview after interview; to concocting press releases on the medallists, family rivalries, Perry the mascot and Birmingham's raging bull; to persuading a local paper to interview most of the Isle of Man in a trendy cocktail bar by the side of the canal. And all with the prize of watching lots of sport in packed out stadiums.

It feels funny to have been asked to write in our alumnae magazine when it's usually filled with South Hampstead girls who have become doctors, rocket scientists, human rights campaigners, Olympians, authors, entrepreneurs, charity founders, artists, architects and everything in between. It's a bit like being asked to go onto *Desert Island Discs* before you've done the thing in your life that merits the invitation.

I'll just have to return to these pages one day to justify Miss Stockdale's conviction with a GB vest and something to really write about.



Testing out the BBC sofa at the Commonwealth Games in Birmingham

SPORTS CORRESPONDENT

Grace Barber

Grace Barber (2005) has worked as a Sports Producer for 11 years reporting on a variety of sports tournaments across the world. Her first broadcasts were from the Commonwealth Games in Delhi in 2010, and this year, she has covered The Open Golf Championships in Scotland and Formula 1 in Budapest, Hungary. Grace speaks to Resplendens about her career highlights.

From an early age, I always thought sports production would be an amazingly exciting career. I'm a lifelong sports fan and someone who religiously watches live sporting events, so becoming a Sports TV Producer felt like an ideal career path.

I began my career by gaining as much work experience as possible working on a variety of sports. Shortly after finishing my degree in Philosophy from Leeds University, I was on a plane to work on the Commonwealth Games in Delhi. I was then fortunate to receive an offer to cover the Australian Open Tennis Tournament in Melbourne, Australia. The sports production industry is small and close-knit so I was able to build my networks quickly. My first full-time job was with IMG, one of the largest independent producers & distributors of sports media, working on production for their European Golf Tour.

From there, I moved to covering rugby and then the Champions League and Premier League football tournaments. I am now working as a freelance producer for multiple sports including tennis, golf, motorsports, football, NFL and rugby.

I have worked in staff jobs for over 10 years, and now really enjoy the variety and flexibility of being a freelance producer. In the last few months, I've worked in Scotland on The Open Golf Championship and recently just finished a job reporting on the Hungarian Grand Prix in Budapest. There is never a dull moment in this job!

I have enjoyed working on so many sporting events, and I think my absolute highlight is the time I spent at London's Olympic Games in 2012. I worked on the Athletics in the Olympic Stadium and was part of 'Super Saturday' when Mo Farah, Jessica Ennis-Hill and Greg Rutherford all won gold medals for their outstanding performances. This is an event I will never forget!

I absolutely loved my time at South Hampstead and my school friends are still my closest friends. South Hampstead taught me a work ethic which has given me a huge advantage in growing and developing my career. School taught me to always be prepared and, wherever possible, always to do your best. This is something I try to put into practice daily.

I really love being a TV producer. I'm able to meet people from all walks of life and travel to many different countries. When I'm reporting, I feel like I'm at the centre of some amazing sporting moments. For me, there's nothing more exciting than the buzz of live TV when something incredible is unfolding in front of your eyes.

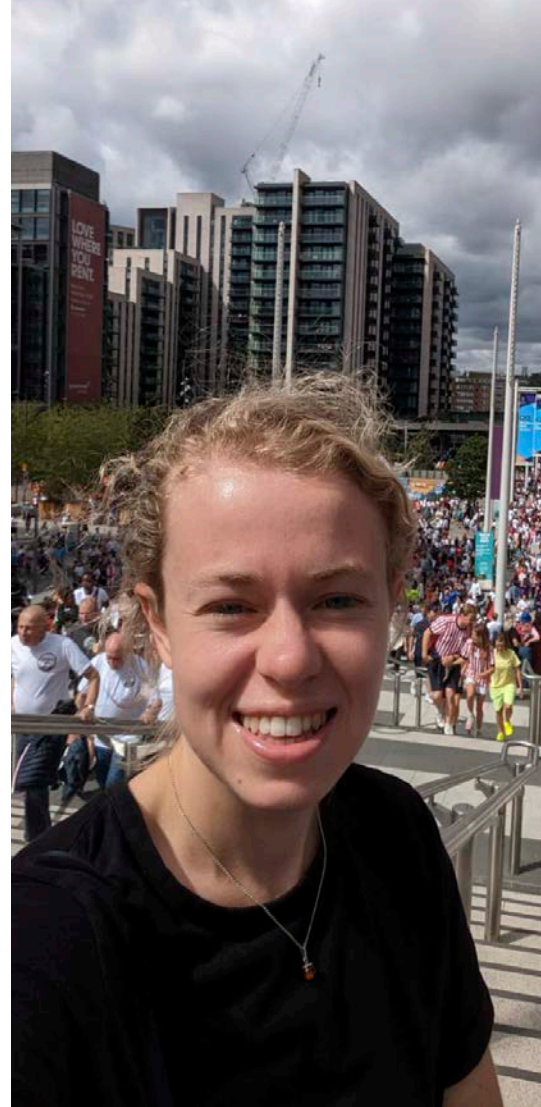
For me, there's nothing more exciting than the buzz of live TV when something incredible is unfolding in front of your eyes.



At the European Rugby Champions Cup



In the BT Sports studio



SPORTS PRODUCER

Sophie Penny

Reuters Sports Journalist and women's football Podcast Producer Sophie Penny (2013) is fearlessly challenging perceptions of women's sport and shining a light on inspirational female sporting role models. She speaks to Resplendens about her vision to increase coverage of women playing sport.

The evening before I interview Sophie, England wins 8-0 against Norway in the UEFA Women's EURO 2022, qualifying for a place in the tournament's quarter-finals. I am ecstatic. It is quite an achievement for a football team to win 8-0, let alone one from England! I arrive at work, and no one knows about it, not even our Data Manager who is a dedicated Watford F.C. supporter. I think back to the school's jubilation at England's wins in last year's Euros, and I'm a little sad.

"No one has ever won 8-0 before, it's a record!" says Sophie as we start our interview over Zoom. "Last night was absolutely huge for the team and I really hope this achievement will encourage mainstream media to wake up and increase their coverage of women's sport."

Sophie covered every game in this year's tournament for The Athletic, a subscription-based sports website where she produces a regular women's football podcast, and she reported live from Wembley Stadium on England's historic win in the final against Germany at Wembley Stadium.

"I see it time and time again; in the sporting industry women really have to over-perform to make people notice and celebrate their achievements. There are so many women out there playing professional sport, and they deserve the same coverage as men," says Sophie frustratingly. "I love sports and I try to use my role as Reuters' Sports Producer and at The Athletic to pitch as many stories as I can to increase coverage of women's sport."

"This is not a battle women can fight alone. We need men to be on board too, promoting and investing in women's sport. Women's football has grown hugely in the last 20 years, but there's still a long way to go. Firstly, we need more women playing sports professionally and secondly, we need more women working in the industry. If you look on the front pages of sports websites, there are hardly any photos of women. Editors take the easy, traditional route because they know they will receive more clicks if they feature Djokovic winning Wimbledon again, instead of, for example, female tennis player Ons Jabeur who is ranked no.2 in the world and reached the final of the tournament this year."

Sophie is the only female Sports Producer at Reuters and is often the only woman at press conferences for Premier League Football games. "I know news organisations are trying to change, but it's not changing fast enough. It can be off-putting being the only woman in the room, but I tell myself — as a woman, I'm here to bring a unique point of view to this story. There's value in being different," she says.

After the UEFA Women's EURO final, Sophie is optimistic about the future of women's sport. Her Twitter handle shares how every major newspaper published the Lionesses on its front pages and Sophie is hopeful that England's win can change how society views women in sport forever. "We will see more equality in the sport as the next generation comes into the workplace, and the Lionesses' win will encourage more financial investment in women's talent," she says with certainty.

Sophie's passion for sport started at South Hampstead. "Playing sport at a school without boys gave me the confidence to know that I was good at sport, and sport was the thing for me," she says. "I played in the hockey, netball, rounders and tennis teams at school. I love following sports, and it would frustrate me that when I'd read sports pages in the *Metro* or *Evening Standard* on my tube journeys to and from school, there would only ever be a tiny write up on women's sport."

It was only when Sophie was injured and was unable to play hockey for university, that she became involved in sports journalism. "I wanted to do something that would still connect me to sport, even though I couldn't be involved in the team. So I decided to write for Varsity's sports pages, the University of Cambridge's student paper." After she graduated, Sophie took a journalism course at City University, initially specialising in international journalism due to her background in languages, and then taking a sports module.

Sophie's first reporting experiences were working as a runner on the UEFA EURO 2016 in France, and then covering the World Cup in Russia in 2018. "My career and my language skills came together at World Cup final in Luzhniki Stadium in Moscow. I'd spent my whole university degree studying Russian, and there I was, using my skills to report on a live final and a global event. It was an amazing experience," she says excitedly.

In her four-year career, Sophie has worked on many high-profile sporting fixtures, but feels that her biggest career achievements are when she's able to give a voice to unknown sportswomen. "When I worked for the Daily Telegraph as their football reporter, my editors published a double-page spread on the Football Blacklist celebrating the contributions of black men and black women to the sport. It was an amazing opportunity for me to interview footballers Hope Powell, Kerry Davis and Anita Asante not just about the struggles they've had, but also to shine a light on the pioneering work they've done to promote women's football. I'm also particularly proud of a podcast I produced for International Women's Day focusing on Muslim women in sport and how their faith empowers them. I get a buzz from giving a platform to people who really deserve it and who can inspire others. These are stand-out moments — when I think I'm actually doing some good here."

Thank you Sophie for speaking to Resplendens. With England's historic win at Wembley this summer, we look forward to following the next steps in your career as you continue to give female sports players the recognition they deserve.

by Fiona Hurst

Gemma Cooke

**SOUTH HAMPSTEAD'S PE
TEACHER FOR 21 YEARS**

Beneath the sloping ceilings on the top floor of Oakwood, I can occasionally grab a quiet moment with members of South Hampstead's PE department. They are a sociable bunch. When they're not teaching at the school's sports ground on Lymington Road, on our outdoor MUGA (Multi Use Games Area) or in our basement sports hall, I can reliably hear their friendly chatter in the staff room or school canteen. Gemma Cooke, South Hampstead's longest serving PE teacher, has spent the last 21 years fostering a love of sport in all her students.

"Every day is different and watching the students progress is immensely rewarding," says Gemma as she reflects back on her career. "The staff are extremely talented and passionate, which sets a fantastic example to all. Combine this with intelligent and curious pupils and you have a wonderful dynamic to work with. The school's house system is brilliant at bringing together students from different year groups, not just for sport but for social activities too."

Gemma joined South Hampstead in September 2001 as Head of Netball shortly after the school acquired its four acre sports ground from Hampstead Cricket Club. "I've had numerous roles in my career here. I've been Head of Year 9, Head of Benton House, Head of PE. I'm currently Assistant Head of Year 10&11 and Head of PSHE. Each role brings different rewards and challenges and I've loved them all," says Gemma. "South Hampstead has given me so many opportunities to develop my career that I haven't needed to look elsewhere for a new role. However, what's really kept me here for so long are the colleagues I work with, and that speaks volumes for enjoying the job. You can walk into the staff room and know there is a conversation and a giggle waiting to happen with

whoever is in there. PE teachers are natural team players and I think that's why our department gets on so well together. We work for one another."

Gemma has taught numerous sports at South Hampstead, including netball, hockey and rounders. In the last few years, she has overseen the introduction of football and cricket which are now our main winter and summer sports. "Sporting opportunities have grown hugely since I started my role," says Gemma. "We've introduced a Going for Gold programme for our most talented sportswomen competing at county, regional and national levels, we have a Sports Award dinner, an annual Gym and Dance Display and A to E team participation ensuring that girls can play on sports teams competitively at all levels."

During her time at South Hampstead, Gemma has many memorable moments from when she accompanied students on sports trips around the world. "To me, the most unforgettable times are when a student who doesn't have a huge amount of self-belief achieves something they never thought they would," she says. "The look on their face is priceless and it's those moments that make you realise how much of a difference you can make as a teacher. There are some students who arrive at South Hampstead and don't enjoy sports. It is challenging to involve them, but as they progress up the school, they find activities they enjoy and their attitudes to sport completely change. One former student even wrote me a poem about her sporting experiences, which I have above my desk!"

As Head of PSHE (Physical, Social, Health and Economic Education), Gemma sees a different angle to her teaching. "Wellbeing and a supportive pastoral care system is so important in schools these days, and I'm proud to contribute to this area at South Hampstead," says Gemma. "From a pastoral side, knowing you can make a difference to someone who is having a difficult time is one of the most rewarding aspects of my role, and teaching PSHE enables me to lead important life skills conversations with the students."

Gemma has taught sport to countless students and always finds them bright, lively and passionate in their beliefs, whilst retaining their individuality. "I have seen so many pupils grow into well-rounded individuals," she says. "I love bumping into past pupils finding out how they are getting on and enjoying a laugh about their time at school. South Hampstead is a fantastic community and I'm proud to have been part of it for so many years."



INFLUENCER

Louise Scodie

Louise Scodie (1994) is an influencer in the world of wellbeing at work, having had a busy career as a broadcaster, journalist and communications professional. Louise currently heads up PR at NABS, the charity for the advertising and marketing industry, which supports employees at all levels with their wellbeing. Louise won a WACL (Women and Communications London) Future Leaders award earlier this year, in recognition of her leadership skills and passion for creating positive change.

South Hampstead taught me to take up space in the world; to use my skills to make a positive impact. Throughout school, I was vocal, opinionated and determined to make it in a career as a performer. Vocal and opinionated being personality goals, of course, at South Hampstead. School gifted me the confidence to shape and express my opinion and to aim high in my career. It never occurred to me that I wouldn't achieve my goals. The South Hampstead ethos of "work hard and go for it" imbued me with a sense of self-motivation and initiative that shapes my career (and personal life) to this day.

I started my working life as an actress, landing a leading role on children's TV just a year after graduating from university. Despite this success, I soon realised that I wanted to make more use of my love for writing in my career. English had been my favourite subject at school (cue happy memories of *Brave New World* and *Lord of the Flies*), so I took a postgraduate journalism qualification. I wrote on my application form that I wanted to be a columnist for *Marie Claire*; quintessential South Hampstead-style ambition coming to the fore.

Over the next few years, I mixed things up to create a portfolio career that happily integrated performing and writing. I wanted to use my skills to help others where I could. In one role, I wrote and presented a series of educational videos encompassing topics from racism, where I broadcasted from Anne Frank's house, to sex education (writing the workbook for that one was an interesting experience). I also "moved to the dark side", as many journalists joke, into PR, working for a major university, supporting staff to share their research with the wider world.

Then things shifted again. I'd always wondered about stand-up comedy and did a short course in it, which led to me leaving the PR role to go freelance as a journalist, PR consultant and comedy performer. It was incredibly hard-going, physically and emotionally, requiring South Hampstead-honed resilience to sustain me. However, it did make for an exciting time. One highlight was presenting an online campaign for Nokia where I had to eat sushi with the penguins in the penguin enclosure at London Zoo. I also took on the exciting challenge of appearing on *BBC Radio Five Live*, *BBC Breakfast* & *BBC News* to comment on the day's stories. I'm happy to say that I also, finally, got that column in *Marie Claire*.

Much hard graft later, another breakthrough occurred. I became a presenter on London Live, the TV channel owned by the *Evening Standard*. I was chosen for the role out of thousands of applicants and worked incredibly hard; writing and presenting live daily shows, and writing regular pieces for the *Evening Standard*, the *I* paper and *The Independent*. I'm really proud of this point in my career and can say that I made the most of what was a unique opportunity.

A few years later, married, with a baby, and fired by an increasing passion for wellbeing and mental health, it was time to reboot my career. I wanted meaning as well as flexibility. So, I was very happy to find my current role at the advertising and media charity NABS, driving PR to raise awareness of its work supporting the wellbeing of people across the industry.

I've been at NABS for a few years now. I've been able to carve out my role as one in which I can support others by speaking out about important issues, while also giving people from under-represented groups a platform. One big issue for me is that of endometriosis, a devastating condition that affects womb health. Around one in ten women have endometriosis but it remains poorly understood and, in many cases, undiagnosed for years. I was very ill throughout school with endometriosis but wasn't diagnosed until I was 24. I've written articles about the subject for the national and industry press; following the latter, I received numerous messages from women working in advertising who were grateful to see the issue raised publicly because they were suffering from endometriosis and unable to discuss it with their employers.

Earlier this year, I was honoured to win a WACL Future Leaders award. The awards select the next generation of advertising's female industry leaders, giving them training bursaries to help them fulfil their leadership potential. It's important to never stop learning, growing and challenging yourself. I feel very positive about what I can learn on my course and how my learning will guide me to support others.

Wellbeing is an essential foundation for life and for work. Creativity, joy and success depend on it. I'm glad to see more and more employers in our industry, and other industries too, start to invest in their teams' wellbeing. There is still so much to do, particularly at this moment in time as we collectively work out what it means to return to the office post-pandemic. I hope that I can continue to help influence employers to put policies and actions in place that support their teams, and I'm looking forward to what the future can bring.



ACTIVIST

Marion Janner

Marion Janner (1977) was awarded an MBE in 2010 for services to mental health which included her achievements in establishing Star Wards and work with mental health wards to improve everyone's experiences there. For Resplendens, she writes about her five top tips for optimum wellbeing and how little changes can make significant improvements in the quality of our lives wherever we are.

I was back in London yesterday, in the “hellfire” heatwave, seeing greatly loved old friends, going to the Summer Exhibition and other cultural treats. Above all, I was relishing my ability to get out of the house, and feel the joy of being alive. A huge contrast to six years ago, when I was over a decade into a spectacular breakdown, which included extreme emotional pain and very self-destructive behaviour, courtesy of Borderline Personality Disorder (BPD). BPD has since had a brand refresh and is also known as Emotionally Unstable Personality Disorder; still not something one would want too prominently on one's personal CV or dating profile.

Looking back on that very dark decade, from my cottage and gentle, fun life now in the Cotswolds, I can recognise what helped in heaving myself out of the morass. I'll skip past the really big ones here — specialist services, support (and endless patience) of family and friends, secure finances etc. I'll also skip past my own struggles with addiction, now happily behind me, but which are often one of the dysfunctional ways people cope with mental illness. The factors that I've been pondering recently are things that enable us to rebuild our internal states, stabilise and ultimately get past crises. A wise friend has mentioned to me that these features are also ones which are beneficial to everyone, not just people in emotional crisis or pain.

The first is **hope**. Having a sense that life can improve, that my illness could recede, was essential in being able to tolerate what felt like unbearable pain. Friends managed the very difficult balancing act of not being dismissive of my current reality, but providing examples and inspiration from others who have got past similar mental illness. People they knew, books, films, TV programmes, where suffering has ended, and contentment has arrived. (Perhaps the opposite is also true — best to avoid gloomy, let alone apocalyptic, tales whether on social media or elsewhere.)

They also helped me to overcome a core element of the breakdown, by boosting my **self-esteem**. I didn't find being sectioned and my “frequent flyer” return visits to psychiatric wards humiliating — it was much deeper than that. Similarly, when I got an OBE for Star Wards, the project I'd set up and was running, that didn't really impact on my sense of self. But feeling continuously loved and appreciated for myself, rather than for my “achievements”, was central in being able to recover.

I was fortunate that my various roles in social care and social justice campaigning had equipped me to set up Star Wards, a project to enhance people's experience of mental health wards — whether as patients, staff or visitors. This was through discovering, celebrating and sharing the superb range of overlooked great practice on mental health wards, by heroic staff, stoical patients and resilient friends and

family. Having a **purpose**, ideally one which contributes to others' well-being, is widely acknowledged as being a primary source of feeling good. And because Star Wards was based on “appreciative inquiry”, focusing on and extending what was going right on mental health wards, this gave a very constructive, often jolly element to my work. Among the many dazzling and delightful experiences I had when visiting wards around the country, I fondly remember staff and patients having improvised space-hopper races (with large gym balls) down the corridors, a conga line to the canteen for lunch, and being given the honour of opening a new Therapeutic Community ward — by riding in on a pony the social worker had brought into the hospital for the occasion!

Lockdown has brought a welcome and constructive focus on emotional well-being, including the benefits of being outdoors, nature and gardening. For me, gardening encompasses several hugely beneficial elements, some of which are important alternatives to self-destructive behaviour. Whether it's a single pot plant, a window-box, helping out with a community allotment, or the pleasure of one's own garden, being able to have a sense of **control** over a space can be hugely therapeutic. Gardening for many of us provides that sense of “flow”, of losing ourselves floatily in the activity. Immersion, distraction, nurturing, multi-sensory experiences, autonomy — all fabulous for emotional **well-being**.

Along with the surge of initial sales of toilet paper and pasta, lockdown is now well-known for the leap in numbers of people getting pets, especially dogs. I would not have survived my illness without my beloved Tibetan Terrier, Buddy. She was my official support dog and came with me everywhere, from Butlins to Broadmoor, Buckingham Palace to Bognor. **Animals** provide a consistent, loving, non-judgemental source of companionship, and having a dog means we have to get out of the house every day to walk them, which in itself usually involves easy interactions with other dog owners. Putting out food for birds, water for hedgehogs, or helping other living things such as plants — this ability to nurture is deeply emotionally nourishing.

My heatwave day yesterday began with a breakfast of a Double Caramel Magnum ice-cream, immediately followed by a Double Raspberry Magnum. I was hoping that I could use this as an example of most of the factors I've touched on here. But really it was just delicious and refreshing and I'm so appreciative of having got through the tough times to have been able to enjoy it.

by Marion Janner



Buddy rocking her tiara at the Palace

View from the archive

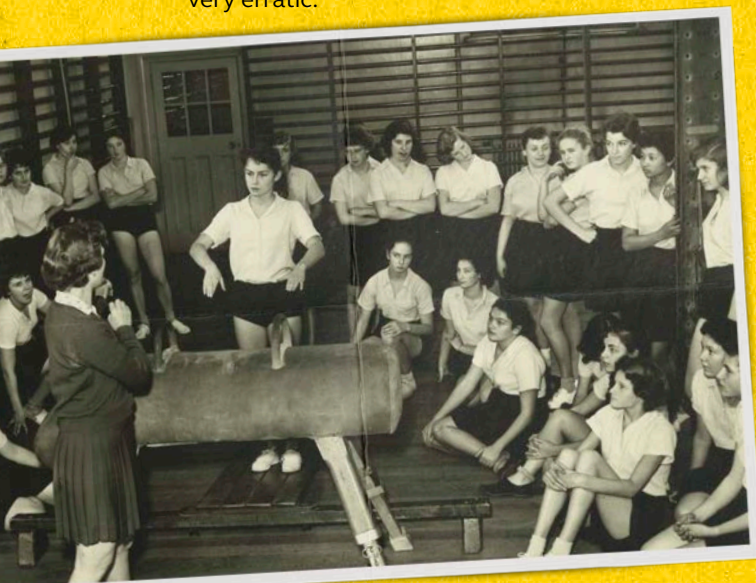


High up in the attic of Oakwood, you can uncover 145 years of South Hampstead's history. School archivist and former History teacher, Joanna Coates, is responsible for collecting and preserving all school artefacts including annual school magazines, photographs, concert programmes and correspondence between teachers and pupils.

Here is a snapshot of the fascinating material she found on teaching Sport at South Hampstead...

Sport has always played a large part in school life at South Hampstead and as early as 1899, there are mentions in the school magazine of clubs for swimming, tennis, netball, cricket and hockey, with matches played against other GDST schools. The Juniors played a game called Fives, as well as Rounders. All the girls had to do Drill which involved marching around and some gymnastics.

School magazines in the early days included lengthy match reports as well as criticism of individual players, something inconceivable today. For example, Nora S "was steady but slow. She plays a defensive game solely and that, a very weak one!" Both tennis and cricket were popular summer sports, with the usual personal comments in the magazines. "Margaret J. played tennis well, but her service is very erratic."



The war and the evacuation to Berkhamsted interrupted sport at the school, but after 1945, it resumed. The playground had been hit in the Blitz and needed to be repaired before netball could be played. Hockey was played on damaged fields in Regents Park, and an indoor pool on Finchley Road (since demolished) was used for swimming lessons.

By the 1970s the girls could do badminton, judo and fencing for a time. Dance and aerobics were added in the 1980s, and the Gym and Dance Display became an important annual event.

In 1997, a most important development took place. The sports fields at the Cumberland Lawn Tennis Club were purchased for the school after lengthy negotiations by Mrs. Scott and the GDST. The school sports day was allowed to take place in the grounds with athletics, trampolining, and staff student matches. Big Band played throughout, adding to the festive atmosphere. We were delighted when Mrs. Scott married Mr. Donald McLeod, the Chairman of the tennis club in 2000. From 2001 onwards, weekly visits to the sports grounds became part of the curriculum for all years.

Sports For All week has been part of the school year since the turn of the century. The girls can do any sport they want, from workouts to yoga, pilates, rugby and cricket. Even the most reluctant participants can enjoy themselves and their fitness has increased exponentially. Before Covid and lockdowns, sports tours had taken place to Australia, Hong Kong, South Africa and the Caribbean, trips of a lifetime for the students.

View from the boundary

In the 1920s, Netta Rheinberg became an outstanding cricketer, helping the school to victory in several games. She started playing cricket at South Hampstead in the 1920s when cricket was a major part of the summer term. The school played matches against other GDST schools, and she was a good batswoman, though less good at bowling. One contributor to the school magazine wrote: "Neta, the captain, played excellently. She was the only member of the team who, when playing, gave the impression of complete enjoyment!"

After Netta left, she trained as a secretary, eventually working for her father. But her real passion was for cricket, and she played regularly for Middlesex and was selected for the England team. She became Secretary of the Women's Cricket Association from 1945-58 and she was the player manager of the English side which toured Australia from 1948-49. Although the team won 11 out of 19 matches, Netta was bowled out on the only two occasions when she managed to play. A second tour of Australia took place in 1957-58, but the players had to finance themselves and took all sorts of odd jobs to raise money.

Netta passed her Umpire exams in 1959, and after that edited Women's Cricket magazine for many years. She co-wrote *A History of Women's Cricket* with Rachel Heyhoe-Flint, which was published in 1973. After long years of campaigning, women were finally admitted to the Long Room at Lords in 1999 and Netta was one of the first ten women to be granted life membership of the club.

Her mother had told her, "You'll never meet nice men if you play cricket." Netta remarked "She was quite right in a way. I won't say that I didn't meet nice men - but I didn't marry."

She would be amazed at the popularity of women's cricket these days and the enthusiasm for the sport. Netta remains our most successful alumnae cricketer to date but watch this space for current pupil Dia who has been highlighted as an up and coming cricket talent and "one to watch" by CricketHer website:



<https://www.shhs.gdst.net/news/boundary-breaking-cricketer/>



View from the teachers

Rowan Edbrooke shares her personal memories of life in the PE department...

When I was asked to write a little about life in the PE Department at South Hampstead in the old days (1986 – 1998), it set me thinking and as I have been reflecting, so many names and faces of girls, parents and staff colleagues plus events and experiences we all shared have been floating back. What an impact you all made on a teacher new to the profession! I learnt a lot at South Hampstead and loved my 12 years there; I hope many of you have happy memories of school and PE at that time too.



When I joined the school in April 1986 as teacher of PE and subsequently Head of Department, we did not have extensive facilities, but girls and staff made up for that with energy and enthusiasm. I felt at home at once. At that stage, our indoor space was a small square gym in the basement of the main building and a very small hall inside the front door/reception surrounded by classrooms. With the netball courts also overlooked by classrooms, one of my first lessons was how to teach PE whilst making no noise.



The new Waterlow building, including the comparatively enormous hall, was quite a step up and we could hardly believe our luck. As well as indoor space for all activities, we were able to have a trampoline (do any of you remember the 12-hour sponsored bounce to pay for it?) and “health and fitness weeks” with the hall full of activity at every opportunity, and early morning aerobics sessions before school, full of girls and staff.

Outdoor lessons were at Hampstead Cricket Club to which we all walked along the Finchley Road, carrying the equipment with us — often a number of times a day for staff. In the early days we booked local facilities for lessons wherever we could, and we spent considerable time walking between venues. We got used to teaching with an audience, as members of the public entertained themselves watching our lessons at the Swiss Cottage tennis courts and swimming pool, the Globe tennis club and the Armory gym/hall.

I have many vivid memories of after school matches all over north London, driving the minibus around Swiss Cottage to play great rivals — Francis Holland and Queens College — in Regents Park or out to NLCS and Channing, or hopping on the tube to City of London, trying to keep tabs on everyone as we travelled home in the rush hour. Days out at the Trust rallies and Saturday mornings at the county netball tournaments were all such good competitive occasions and great fun. I always felt we’d done ourselves justice when we made it into the quarter-final stages and delighted when we did better than that! The annual Trust tennis rally at Queens Club was an absolute treat — I still regret that the year I felt we had the winning team, it was cancelled for rain! I’m sure we’d have done it if the sun had shone!

Our activity holidays in Devon and France hold a very fond place in my memories. The great range of outdoor activities we enjoyed — white water rafting on the Durance, canoeing down the Ardeche, bivouac nights under the stars in the Alps – absolutely made up for the long overnight coach journeys.



Linda Buckler reminisces about Gym and Dance shows, sunny afternoons, black eyes and hot dates!

I very much enjoyed my time teaching PE at South Hampstead between 2001–2006. Asking girls to run around in all weathers and clamber over gymnastics equipment is not always the most popular of situations, but I found a real enthusiasm amongst the majority of pupils which was stimulating and refreshing.

The introduction of a Gym and Dance Evening during my time there provided another popular focus for the girls. An overall title for the evening was set and the girls formed small groups, choosing music, costume and choreography to provide items for the programme. It has to be said that the staff and pupils did not always agree on their selection of movements and costume, and adjustments had to be made. However, the event grew in popularity every year and eventually it had to be presented on more than one evening to packed audiences.

The sports field provided a much-needed open space away from the main buildings and playing rounders on a warm afternoon could be a delight. However, accidents can happen, and whilst tending to a pupil who had been hurt by a well-hit ball I was surprised to be asked if her black eye would be healed in time for a “hot date” at the weekend! I’m afraid the chances were heavily against it.

Not only were the pupils a delight but I also have fond memories of the staff I worked alongside, both within the PE Department and from other disciplines.

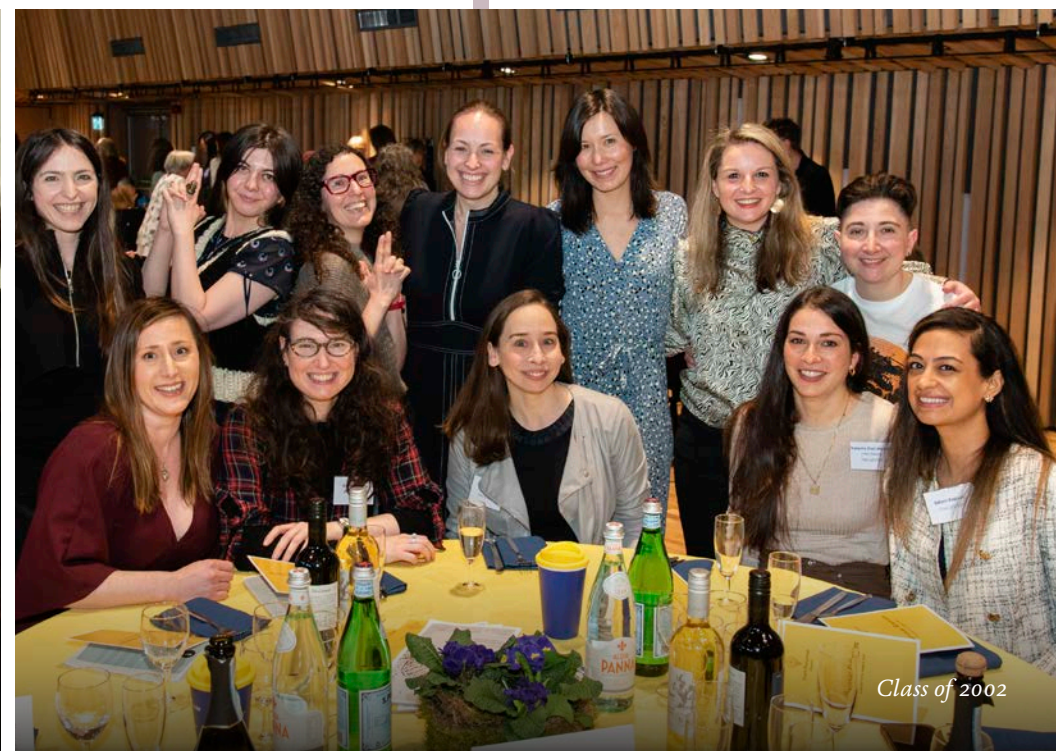




1960's Alumnae



Class of 1992



Class of 2002



Class of 2012

ALUMNAE EVENTS

Reunion Lunch

March 2022

We welcomed back 180 alumnae and honorary alumnae for our annual Alumnae Reunion.

Former pupils spanning six decades reconnected with each other for a morning of "school days" sessions followed by lunch; guests had travelled from America, Canada, Israel, France and Abu Dhabi. Former netball players joined our U15A team for a friendly match in our sports hall, while our alumnae choir met to rehearse, before performing a lovely mini-concert and leading all the guests in a moving rendition of The 'Hymn of Light'.

ALUMNAE EVENTS

Class of 1977 Reunion



We were delighted to host the class of 1977 in October when they returned to see their school friend, professional pianist Joanna MacGregor CBE, perform at our Towards 150 Concert.

The opening of the Burgess Room

Averil Burgess (Hon Alumnae) returned as we renamed one of the historic reception rooms in Oakwood in her honour. The Burgess Room is now a home for the Sixth Form, for study, reflection and a place to encourage rational, respectful discussion and debate.

Class of 2015 & 2016 Reunion



After two years of delayed and cancelled dates, it was wonderful to welcome back alumnae from the classes of 2015 and 2016 for their 5-year reunion and find out more about the careers they have chosen to pursue after university.

ALUMNAE EVENTS

Class of 2022 Farewell



We bid a fond farewell to our wonderful Class of 2022 at a special, celebratory valedictory ceremony..... and welcomed them into the alumnae community.

Class of 2021 Reunion



Full of the joys of adventurous Gap years and happy first years at university, we welcomed back the class of 2021. Judging by the buzz and noise they were all pleased to see each other just a year since they left!



Jutta Lorant (1957) with her Alumnae Pen Pal, Millie



Jubilee Tea Party 2022
Commemorative Ribbon



Cupcakes designed by Junior School pupils



Former Heads & Honorary Alumnae Averil Burgess and Jean Scott

ALUMNAE EVENTS

Jubilee Tea

May 2022

The whole community was deeply saddened to learn of the death of Queen Elizabeth II. We remember with happiness our Jubilee Tea in May, when we celebrated the Queen's 70 years on the throne. Minerva Circle members and Honorary Alumnae joined Senior and Junior Schools at the Sports ground for an afternoon of music, dancing and entertainments.

Farewell to Staff

At the end of this academic year, we said goodbye to a number of staff who have dedicated many years of their career to South Hampstead. As we welcome them as Honorary Alumnae, we also say a huge thank you for all they have done for our students, staff and the wider community and wish them all the best for their next steps.



Leann Cripps

For more than 16 years, Leann looked after three different Heads as well as the whole staff body at South Hampstead. She knew everyone in the community and always had an open door with time to listen. Her knowledge of the school and the buildings was comprehensive and her dedicated service exemplary.

Doris Hugh

Madame Hugh, as she is known by almost everyone, taught French for 28 years. She was Head of Modern Languages, Head of Sixth Form and a key part of the school's Senior Leadership Team for 12 years, from 1997 to 2009. Her former colleagues describe her as a "powerhouse of efficiency, clarity and insight" and someone who could always find the 25th hour in the day. A full interview with Doris can be found on the school website.



Ellen Gahan

Our legendary Junior School Head Chef retired after nearly two decades' service. Ellen has prepared thousands of wholesome meals at the Junior School, instilling healthy eating habits in our pupils from an early age. Families can continue to enjoy Ellen's school meals through her cookbook, *Food from Ellen's Kitchen* which was published by the PTA this year. Full details can be found on the school website.

Fiona Hurst

As alumnae manager Fiona has been looking after our alumnae at South Hampstead for the past six years. She leaves us with a vibrant and engaged community and you will see that her legacy continues through the articles in this magazine which she edited for several years.



Tania Volhard

We are sad to say goodbye to Tania Volhard who has been the librarian in the Junior school for almost twenty years. She has watched tastes change from an obsession with Harry Potter twenty years ago to more recent interest in dystopian fiction. Now the craze is for Murder Mysteries. Tania served the interest of the Junior School readers exceptionally well and she conveyed her passion for reading to all the girls.



1933 – 2022

Nina Schaffer

Nina had a lifelong association with South Hampstead where she taught Geography for over 20 years until her retirement in 1994. She cared deeply about the environment and the vulnerability of the natural world, a passion that she passed on to all her students. She died on 19th January 2022, aged 88.

“Good morning Mrs. Schaffer!” Our favourite lesson of the week was about to begin. And what a rich learning experience it was for so many of us, instilling lifelong enthusiasm for the environment, and a growing awareness of challenges that, if anything, have intensified today.

Nina Schaffer specialised in Human Geography: helping students to understand complex relationships between communities, economic activities and their potential impact on the environment. Climate change and growing resource scarcity were already looming and global trends in urbanisation were well underway. But it was her engaging and personable teaching style that made this material so interesting and memorable for us.

Nina led generations of South Hampstead girls on field trips that could entail anything from measuring the roundness index of pebbles on the beach to standing waist deep in rivers to measure the speed of water flow; calculating the angles of escarpments in the pouring rain; examining evidence of ancient glacial forms; understanding nuances of urban planning and design. In the classroom, she cut a fabulous figure in her vivid print dresses and indomitable bouffant hair do, and girls were often a little shocked to see her turn up to field trips wearing an anorak and wellies. Whether a week-long field trip to Devon or an Art Week in Italy, Nina approached each visit with tremendous energy and enthusiasm.

Many of us fondly remember Nina’s famous mottos “keep walking” and “just go for it, girls”. She encouraged her students not to fear failure, and some alumnae say they still think of her words when facing a difficult decision or challenging meeting. Nina had an extraordinary ability to connect with her students and inspire them to success. She had an infectious enthusiasm and always had the ability to turn a difficult situation into something positive — she would accompany her words with a smile or cheerful comment that was reflected back by the recipient of her words. She was a mother as well as a teacher and to her students, she

was a great role model in an era when it was unusual to have a career and a family. Observing her chatting to the girls around the school, colleagues and students couldn’t fail to show their admiration and affection for her.

Nina cared about the community where she taught and would go the extra mile to ensure colleagues and students were comfortable and happy. She looked out for the younger members of staff, offering them help and guidance early on in their careers, and she supported other departments when they required extra teachers for school trips. For many years in the 1990s, Nina accompanied the Art department on their trip to Italy, often sharing her knowledge and expertise of the Geography of the Amalfi coast and Naples area with Art students. Nina often represented the Jewish community at South Hampstead, taking Jewish assemblies in the library and ensuring staff knew when students would be absent for festivals and the Jewish Shabbat.

Nina was born on 8 October 1933. She was Head Girl at Torquay Grammar before going on to read Geography at Girton College, Cambridge in the 1950s. She joined South Hampstead in 1970, just before the time of the oil crisis and economic downturns and taught countless students before retiring in 1994. Nina continued to stay engaged with South Hampstead to the end and maintained close friendships with her former colleagues. She was a regular at South Hampstead reunion events, always remembering her students and taking great pleasure in hearing about lives and careers.

Nina Schaffer leaves behind not only fond memories of her warm and enthusiastic teaching style, but also for her passion for nature, and for instilling a deep sense of responsibility in all who have known her to preserve the environment for our future generations.

She is survived by her three children Daniel, Benny and Rachel and her grandchildren Joshua, Hannah, Sophie, Antoine, Vincent and Louis.

By her students Natasha Beschorner and Emily Kasriel



1923 – 2022

Diana Kennedy MBE

Described as the “Indiana Jones of food”, the esteemed food writer Diana Kennedy epitomized the South Hampstead spirit — independent, intrepid, passionate and scholarly.

Born in Loughton, Essex, Diana attended South Hampstead during WWII and was one of the cohorts of pupils who were evacuated to Berkhamsted. Her time at the school set the tone for her distinctly vibrant life filled with energy, adaptation, and innovation.

Following her membership of the Women’s Timber Corps, she emigrated to Canada, and explored the American continent and the Caribbean, ultimately meeting her husband, Paul P Kennedy, in Haiti in 1956. They married in Mexico in 1957, where Paul worked as the Central American bureau chief for the New York Times.

Diana cultivated her passion for Mexican cookery at this time whilst employed as a typist and learning Spanish. She simultaneously developed her uniquely close-grained, personable, authentic approach to studying Mexican cuisine; her conversations about local delicacies with Mexican women, often maids, influenced the creation of her multiple recipe books and publications. She would follow the scent of a new dish to its geographical source and enquire with the locals; ever respectful of her welcoming host nation, she would always provide scrupulous acknowledgement of the recipes’ inventors in her later published works.

Paul sadly passed away in 1967 from cancer; it had been necessary for the couple to move back to New York for treatment. Diana, ever resilient, began to teach cookery in her apartment, on the recommendation of her friend, Craig Claibourne, the New York Times Food Editor. Quickly making a name for herself, she was scouted by Frances McCullough, editor at Harper & Row, to write her debut, *The Cuisines of Mexico* (1972), a best-seller. Kennedy’s burgeoning career went from strength to strength: early publications such as *The Tortilla Book* in 1975 and *Recipes from the Regional Cooks of Mexico* in 1978 culminated finally in her magnum

opus: *Oaxaca al Gusto: An Infinite Gastronomy* in 2010, the product of a lifelong love for the zesty food of her adopted country and the development of a fine prose style.

Diana won many prizes during her lifetime, including the Mexican Order of the Aztec Eagle, the country’s highest award for foreigners, which the Mexican government honoured her with in 1981. In 2002, Prince Charles visited Diana at her home to appoint her an MBE, for “furthering cultural relations between the UK and Mexico”. She served him tequila aperitifs, tortillas, cream of squash blossom soup, pork loin baked in banana leaves and mango sorbet.

Diana lived an immensely rich, flavoursome life, centered in Zitacuaro after 1980, where she established a smallholding of livestock and lived a remarkably sustainable life, anticipating the ecological shift that would come to dominate discussions around food and cooking in the twenty-first century.

“*Ms Kennedy is by reputation ferocious. Brilliant. Direct. Uncompromising.*”

THE NEW YORK TIMES

Learn more about this remarkable lady by watching the documentary, **Diana Kennedy: Nothing Fancy**

South Hampstead in the News

Don't assume that young people like cancel culture

Mrs Bingham featured in *The Times*, before being interviewed by Mariella Frostrup on Times Radio. The column was subsequently cited as one of the top columns of the day in *The Week*.



Full articles: shhs.gdst.net/article/cancel-culture-in-the-times/

Intellectual exploration matched with sensitive pastoral care

South Hampstead got a glowing report in the *Tatler* schools review 2022.



Full articles: <https://www.tatler.com/article/south-hampstead-high>

The periodic tapestry that took seven years to make

Science Teacher Ms Knox hit the BBC headlines with her periodic table tapestry.



Full articles: <https://www.bbc.co.uk/news/av/uk-england-london-59268404>

Beware the false sense of security. Tutoring does not replace revision.

Mrs Bingham put forward her case against tutoring in the Autumn/Winter edition of *The Week Independent Schools Guide*.



Full articles: shhs.gdst.net/article/tutoring-debate-in-the-week

Alumnae in the News

A snapshot of some of the
accomplishments we have heard
about in the past 12 months.

COMPETITIONS

- **Louisa Radice** was quizzed on *Mastermind* on her specialist subject the Pre-Raphaelite Brotherhood.
- Musician **Mathilde Milwidsky** was one of eight violinists chosen worldwide to perform in the Soloist master-classes at the Verbier Academy in Switzerland.
- Figure skater **Lilah Fear** and her partner Lewis Gibson represented Team GB at the Winter Olympics in Beijing finishing 10th overall.
- Year 11 student **Zoya** was selected to compete for England at the commonwealth fencing championships and won a silver medal in the group competition.

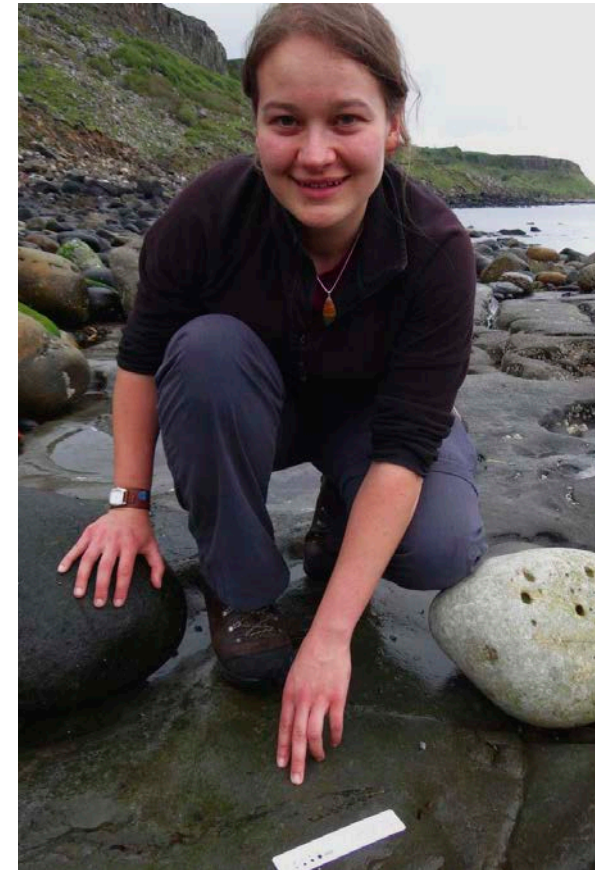


AWARDS

- **Liz Stoll** was awarded an BEM for community service during Covid in the Queen's New Years Honours.
- **Louise Bloomfield** received a WACL Talent Award, recognising talented and inspirational women in advertising and marketing.
- **Dr Jess Wade's** book *Nano — The Spectacular Science of the Very (Very) Small* was lauded as one of *The Guardian's* children's books of the month.

DISCOVERIES

- BBC News reported that PhD student **Amelia Penny** has discovered the world's largest fossil during a field trip on the Isle of Skye.



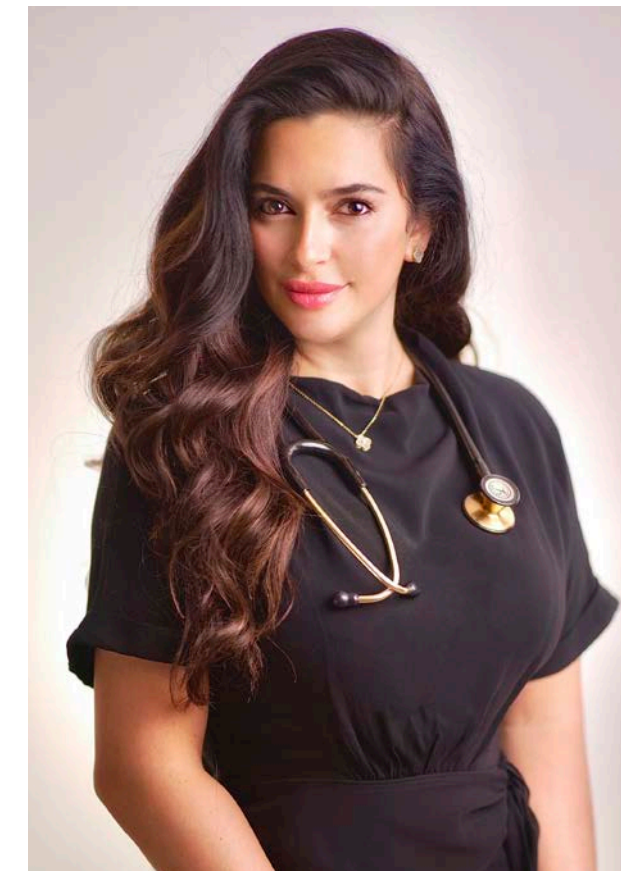
PRESENTATIONS

- **Gemma Perlin** was a guest on *The Week UK* '#overview' podcast talking about wellbeing in the work place and 'The Great Resignation'.
- Lower Sixth student **Maria** was selected to attend COP26, the 26th UN Climate Change Conference in Glasgow.
- **Katya Adler**, the *BBC's* Europe Editor, presented the *Today* programme alongside Mishal Husain and **Datshiane Navanayagam** fronted up on *Channel 5 News*.



PRESS HIGHLIGHTS

- **Junior School pupils** appeared in an episode of *The Apprentice* on BBC One providing candid feedback on a toothbrush app.
- Sixth formers, **Allegra, Amy, Martha and Molly** were featured on Sarah Vine's *Femail Half-hour* for their performance at the Fringe Festival in Edinburgh.
- Haematologist **Frances Rotblat** was remembered in *The Times* for her work helping to create an effective treatment for haemophilia at the Royal Free Hospital.
- **Dia** in year 8 was highlighted as "one to watch" by the cricketing website CricketHer.
- **Dr Bibi Ghalaie** was featured in *The Times* on her campaign for all hospital staff to be given panic alarms and dangerous patients to have their records flagged.



If you find yourself "In the News" or notice fellow alumnae being highlighted this year, then please do let us know at alumnae@shhs.gdst.net

Connect with *South
Hampstead*



We run regular programmes and events throughout the year for our alumnae.
To find out more, visit the website shhs.gdst.net or contact alumnae@shhs.gdst.net



Recent Leavers' Reunion Drinks

All alumnae who graduated from South Hampstead in the last five years are invited back for drinks and canapés with school friends and former teachers.



Towards 150 Professional Musician Series

At the start of each year, we invite professional musicians to give a concert in the Waterlow Hall. Performers have included **Joanna MacGregor CBE** and **the Leonore Piano Trio**. The concerts are free of charge and we encourage everyone in our community to join us.



The South Hampstead Speaker Series

Alumnae are welcome to join us for the South Hampstead Speaker Series events. The Speaker Series is an opportunity for the school and local community to come together and hear from distinguished guests with a myriad of different perspectives on the world. Our most recent speaker was the **Sunday Times Chief Foreign Correspondent Christina Lamb OBE**. Look out for details via the next digital newsletter.



The Digital Newsletter

Sent out termly by email, the newsletter contains details of forthcoming events and lots of news about the community.



Make sure your details are updated on the alumnae portal if you would like to receive this: <https://gdstprod.smartmembership.net/>

Sunday 13th March 2022



The Reunion Lunch

The annual Reunion Lunch is open to all alumnae and Hon alumnae and is an opportunity for year groups to come together and celebrate key anniversaries since leaving the school. A "come and sing" choir, arts activities and archive displays are just some of things on offer as you re-live your South Hampstead days.

The 2023 Lunch will be held on Sunday 12th March and we are organising specific year group reunions for the classes of 1953, 1963, 1973, 1983 1993, & 2003. If you would like to help us bring your year group together, please get in touch.

Keep in Touch

✉ alumnae@shhs.gdst.net

🌐 alumnae@shhs.gdst.net

🐦 [@shhsforgirls](https://twitter.com/shhsforgirls)

🌐 [linkedin.com/
school/3492235/admin](https://www.linkedin.com/school/3492235/admin)