

GDST GIRL

FOR LIFE

The Magazine for the GDST Alumnae Network | 2019/20

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Naughty
Miriam Margolyes

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Gene genius
Nirupa Murugaesu
Alumna of the Year

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Helen Scales on
polluting plastics



ALUMNA OF THE
YEAR 2018

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without limits.



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Dr Nirupa Murugaesu

Nirupa Murugaesu is the Clinical Lead for Molecular Oncology at Genomics England. She provides clinical leadership and oversight of the Cancer Programme for The 100,000 Genomes Project, the groundbreaking genome sequencing project – the largest national sequencing project of its kind in the world. Nirupa is an alumna of Notting Hill & Ealing High School.



Miriam Margolyes
OBE

Internationally-recognised actress Miriam won a BAFTA for Best Supporting Actress in 1993, four years after she was given Best Supporting Actress at the LA Critics Circle Awards. Her film and TV roles range from Professor Sprout in the Harry Potter series to BBC's Call the Midwife and The Real Marigold Hotel. She was awarded an OBE for services to drama in 2002 and is an alumna of Oxford High School.



Dr Helen Scales

Helen Scales is a writer, presenter and marine biologist. Working in conservation for a number of years, Helen has written six books and become a regular presenter on the BBC. She's also science advisor to the marine conservation charity Sea Changers, a regular speaker at science festivals across the country and presenter of the podcast series, Earth Unscrewed. Helen is an alumna of Sutton High School.

Welcome to the latest edition of GDST Girl for Life, the magazine of the GDST Alumnae Network.



It's been a really exciting year for us all. You may have seen the GDST advertising campaign, 'Where girls learn without limits', which we've launched with ads in the national press and billboards across the country, as well as a strong digital element.

It's been a big year for the Alumnae Network too.

Our ambition to connect every one of our current Sixth Formers to an alumna who can help and support her took a leap forward with the launch of our new mentoring app, in partnership with Rungway. Check out the mentoring story opposite to see how you can get involved.

There have been important developments for our schools (and our students) too. For example, we've launched new modules to equip our students for the future by developing their skills in negotiating, understanding money and personal finances, and spotting fake news, while our annual Techathon will be inviting girls to explore the world of Artificial Intelligence (AI). And with the launch of our 150th Anniversary Bursary Campaign, we hope that 2019 will be the year from which we can start to offer all of this – everything that a GDST education stands for – to more girls than ever before.

Exciting times, indeed.

Cheryl

Cheryl Giovannoni
CHIEF EXECUTIVE

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GIRL
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NEWS

GDST Brand Campaign

Have you spotted the GDST's advertising campaign?

We recently launched a campaign to celebrate GDST girls, their confidence and their spirit. This is all part of a strategy to raise awareness of the GDST and generate interest in our schools. The campaign has appeared on posters, in the press, including magazines and on digital platforms. All of the ads feature our very own GDST girls.



The early results show that we are already reaching and inspiring new parents and girls to think about a GDST future; while current parents, students, teachers and alumnae have been proud to see the ads and belong to a group that champions the education of girls.

Alumnae Network Film

Notting Hill & Ealing High School alumna and TV presenter Angellica Bell lent her expertise to the GDST to front a new film all about the alumnae network. The film aims to inspire girls to both use and give back to the network, by bringing it to life for them –



showing them what it is, what it does, what it can do for them individually and how to connect with it. Do check our newly-released short version at www.gdst.net/alumnae-film

Mentoring for every Sixth Former

To enable every GDST Sixth Form student to connect with the GDST's alumnae family, we've teamed up with rungway.com, the mentoring app – so now, at the touch of a button, our students have a way of asking some of the burning questions they have about study and life after school, anywhere and at any time. If you'd like to find out more, or join the GDST [rungway](http://rungway.com) mentoring community, just go to our website. www.gdst.net/rungway-mentoring-app



Kensington Prep

Kensington Prep School took a starring role in the BBC's VOTE 100 coverage last year, with *The One Show* broadcasting from the school's grounds in recognition of its alumna, suffragette activist, Emily Wilding Davison. She was a pupil at the school (then known as Kensington High School) from 1885 to 1891, before becoming a leading light in and a martyr for the suffragette movement.



Fake news and pay rises

With studies showing how teens rely on social media for information, the GDST has introduced workshops in schools on fake news and how to spot it. Analysing false stories like the reported deaths of Prince Philip, Miley Cyrus and Britney Spears and a claim that a dead gorilla named Harambe won 15,000 votes in the 2016 US election all added to learning – as well as the entertainment.

Meanwhile, our Asking Difficult Questions course, introduced this year, teaches girls key negotiation skills, including how to ask for a pay rise. Cheryl Giovannoni put it in context: "All too often when it comes to the world of work, women can develop 'tiara syndrome'. They wait for recognition, whereas men tend to be better at putting themselves forward to get what they feel they deserve. We wanted to help to build girls' confidence and understand that it's OK to ask."

What parents think

Partnering with leading online platform Mumsnet to ask parents about their views on education, we found that the single greatest hope for parents (90 per cent of our respondents) is for their child to be 'personally happy and fulfilled' in adulthood.



Interestingly, too, with the 2018 Budget used to announce funding for mental health crisis teams for children and young people, and all schools in England required to include mental wellbeing and resilience in the curriculum from 2020, our survey found some 73 per cent wanting their children to learn more about mental health at school. A further 68 per cent cited 'mental health and wellbeing' as their biggest concern for the future health and happiness of their children - a bigger issue than 'finding good friends and partners' (54 per cent) or 'economic instability' (29 per cent).

Breaking boundaries

For the first time ever, the GDST fielded a Select XI cricket team as the girls – coached by top England coaches – took on their heroes, including former England Captain Charlotte Edwards, from Marylebone Cricket Club (MCC).



MCC won the match by 44 runs, with Charlotte Edwards saying: "Seeing these girls playing here today makes me just as happy as England winning the World Cup final. It's so important that girls are given the opportunity to play in school to help us provide opportunities for the next generation." The Select XI vs MCC is set to become a permanent fixture and in 2019, the first ever GDST Select VII netball team will take on Leeds Rhinos.

Elsewhere, GDST girls were put through their (dancing) paces by leading professionals at the GDST Day of Dance at London's Pineapple studios, while Oxford High School's Girls on the Ball initiative brought together over 200 girls from 25 local primary schools to play football, netball and hockey.

What girls think

Teaming up with YouGov to get a snapshot of what matters to GDST girls, we learnt that over three quarters of them (78 per cent) are optimistic about the future, and even more (79 per cent) believe they have a bright future ahead of them. Interestingly, when asked to choose one life goal, twice as many chose a dream job over travelling the world or having a family.

And as for who matters to them, the women they admire aren't just famous for being famous; they're known for their social action, too. Apart from 'my mum', the top three answers were Emma Watson, Malala Yousafzai and Michelle Obama.

100 years of women in the Met

In November, women of all ranks and roles in the Metropolitan Police joined Commissioner and Oxford High School alumna Cressida Dick to celebrate 100 years of female police officers in the force. As the Metropolitan Police's first female Commissioner, Cressida is leading the charge to recruit more women to the force, while tackling the barriers to entry and challenging stereotypes.



NAUGHTY MIRIAM

Award-winning actor Miriam Margolyes OBE - who played Professor Sprout in the Harry Potter films and appeared recently in TV's Call the Midwife - tells us why she still loves Oxford High School

"I love my school passionately. I loved it then, and I love it now. I think what made it special was, of course, the people I was at school with, and the teachers. We had a very remarkable headmistress, Violet Stack, who was tall with a large bosom, sticky-out teeth and a very firm, authoritarian manner. She had taught at Holloway Prison, and I think she brought some of her expertise from the prison to the school.

The children at the school were nearly all the children of dons – so, massively intelligent parents, which I think is a challenge for most schools. And we felt that we were the cream of the cream.

We were given every opportunity for extra-curricular activities, which in my case, was mostly learning poetry and going to poetry festivals and recitals. So that was kind of the beginning of my being a performer I suppose. Actually I think one is born a performer – so I'd probably have become a performer if I'd gone

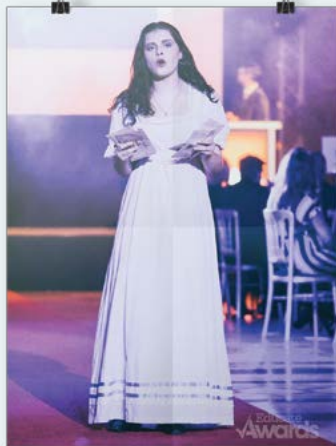
to Milham Ford School, which was the school that I'd won free entrance to at 11+. But my parents, wisely and very generously decided that I should remain at the High School, where I'd been since I was four.

It would be impossible to sum up my school in five words. I can just tell you that the teachers were brilliant, the children were challenging and inventive and very different from each other. There was a variety there that was exciting. And we were there during the 1950s and 60s, which was a great time: the world was an exciting place then and school made it more exciting.

I was very naughty at school and very cleverly, when I got to the right age, the teachers made me a prefect, and I was much tougher on the naughty children than ordinary people would have been who'd been behaving properly. But as Miss Maddron, my beloved French teacher, said to me: 'You were naughty, Miriam, not wicked.'

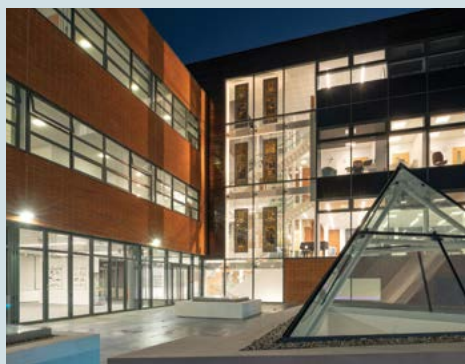
The High School wasn't just for me until I was 18. It's with me now. Because the people that I love in my life are my old school friends. Every now and again we have reunions, and we rush towards each other and we hug each other. We still send each other birthday emails. The school is with me – it has never left me."





The Belvedere Academy

The Belvedere Academy continued to cement its reputation in the performing arts with an outstanding performance of **Burn** from the hit musical **Hamilton**, by Charlotte Flynn at the Educate Awards ceremony in November 2018.



The transformation includes a brand new library and resources centre, advanced learning environments for art, design & technology and music, gallery and exhibition spaces, enlarged sports facilities and a brand new Sixth Form Centre. At the heart of the scheme hang the Datchelor Stained Glass panels, which celebrate the early pioneers of education for women.

Birkenhead High School Academy

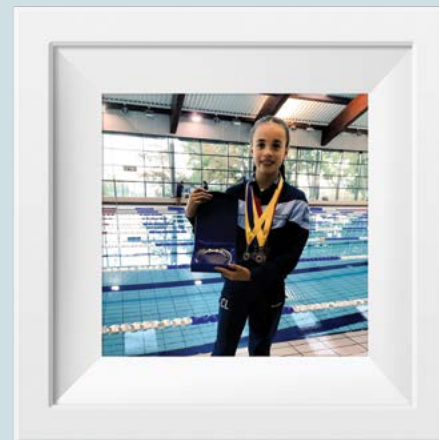
Staff and pupils at BHSA were delighted to welcome one of their most famous past pupils back to school in November. Dame Patricia Routledge had been supporting the Wilfred Owen Commemoration events throughout the Birkenhead area all week, including a poetry workshop attended by all Year 7 pupils with the Read Now, Write Now organisation.



Dame Patricia told some wonderful tales about her time at school, including time spent in its air raid shelters during the war. She also gave girls studying music and drama tips on developing their confidence and resilience.

Blackheath High School

In September 2018, Blackheath High opened its newly developed senior school buildings. With the support of the GDST, the school redeveloped a series of spaces – marrying old and new buildings - to provide an inspirational learning environment in state-of-the-art facilities.



Brighton & Hove High School

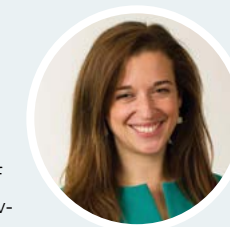
Brighton & Hove Prep has a swimming superstar in the making. Constance Logan in Year 6 has recently been crowned Sussex Champion at the Winter County Championships, winning her age group by over 400 points. Constance acquired six golds, three silvers and three bronzes and now holds a top ten GB ranking for her age!



Next July, the High School will be hosting a spectacular party to celebrate the bicentenary of the building of the Temple by Thomas Kemp in 1819, which houses the school. All BHHS alumnae, the local community and friends of the school will be invited to the unveiling of a blue plaque to commemorate this anniversary and enjoy a celebration of all things Regency.

Bromley High School

This year, Bromley High launched its Minerva Lectures, a series of high quality talks delivered by external speakers.



Its most recent guest was South Hampstead alumna Dr Emily Grossman, expert in molecular biology and genetics and a high profile science broadcaster. Her talk, "Too sensitive for science?" tackled sexism in science, and specifically, her much publicised challenge to Nobel prize-winning biochemist Tim Hunt, and his "trouble with girls". Emily neatly debunked his theory, and explained eloquently why the three Cs (compassion, collaboration and creativity) are as essential in science, technology, engineering and mathematics (STEM) as in any other walk of life.

Croydon High School

Croydon alumna Emma Vetrano has been named by the Sports Industry Group as a NextGen Leader for 2019. Emma manages EA SPORTS FIFA'S Global Partnerships with the Premier League, EFL, Chelsea FC, Manchester City, Manchester United and Tottenham Hotspur. She is also a co-founder of Women in Sports Business, and a member of Women in Football and AFC Wimbledon's Inclusivity and Diversity Committee.



Currently, Emma is spearheading a campaign to encourage more women to play EA SPORTS FIFA, hoping some will ultimately become professional FIFA players. Croydon High is grateful to Emma for all the support she gives the school, and inspiring girls at its careers events.



Howell's School, Llandaff

One of the many highlights of a year packed with successes at Howell's School was the opening of the Sports Complex in September. The ribbon was cut on the fabulous new facilities—including tennis courts, an astro pitch and sports pavilion—during a day of celebration at the start of the new school year. Guest of honour was Olympic sprinter and BBC Sports Coach of the Year Christian Malcolm, who talked about his passion for encouraging young people into sport.

Eagerly waiting on the pitch during the speeches, students from Reception to Year 11 were keen to perform their massed warm-up dance routine. As the girls' dance drew to a close, Christian Malcolm raised the scissors and with a quick snip, the new Sports Complex was officially open.

Kensington Prep School

Kensington Prep School has a new head. In September 2018, Mrs Hulme-McKibbin took over from Mrs Lynch, who retired after 15 years at the helm. Mrs Hulme-McKibbin has a wealth of experience having been head of both all girls' and co-ed schools. She moves to Kensington Prep from The King's School in Macclesfield Infants and Juniors where she was Principal for nine years. 2019 is a particularly exciting year for Kensington Prep, as it sees the unveiling of its new library, which has been transformed with a new mezzanine floor, cosy corners and space for hundreds more fiction and non-fiction books.



Kensington Prep has also just been named as 'Independent Prep School of the Year' by **Independent School Parent** magazine and was shortlisted for the same award by the **Times Educational Supplement**.



Newcastle High School for Girls

Many alumnae joined Newcastle High's Career Connect Fair in March to share their expertise and offer advice on career choices with girls at school. Alumnae also returned for a Summer Drinks Reception hosted by Sixth Form girls as part of the girls' networking skills training programme.



In the summer, alumna Anna Appleby, the young composer, was named as the GDST's Trailblazer in its Alumna of the Year Award (see page 22).

Over the year, NHSG alumnae joined the 'One Year On' reunion, while Church High Old Girls enjoyed a reunion lunch in June, with visitors from as far afield as New Zealand. The hugely well attended Central High Reunion was held in October, and all alumnae were invited to the carol service and drinks in December, to catch up, reminisce and to meet the school's new head, Mr Michael Tippett.



Northampton High School

To celebrate Northampton High's 140th birthday, pupils, staff and friends enjoyed events including an action-packed Arts Festival week, 1878 receptions at the school's previous site, and a charity ball that raised £2,000 for the Cynthia Spencer Hospice. The year culminated in a special 140th Birthday Gala Concert, held at the beautiful All Saints' Church in Northampton, historically the spiritual home of the High School. Students as young as 11 played alongside professionals including violinist and

Concert Master David Le Page, soprano Rebecca von Lipinski and flautist James Dutton.

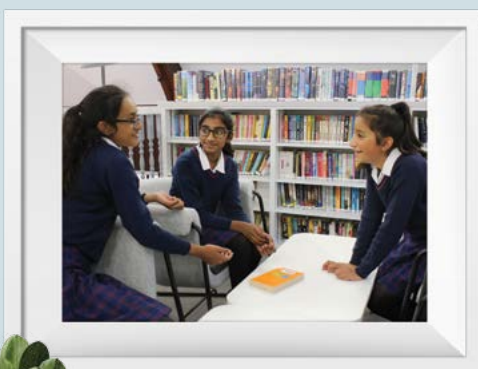
At the recent #Now'sTheTime Conference, designed to empower young women to start their working lives on the front foot, Sixth Form girls gained insights into law, diversity, empowerment and conflict resolution, from speakers including alumna, Shona Guha, from the National Theatre, and adventurer and alumna, Sally Kettle, who charted her phenomenal transatlantic row for charity in a 23ft wooden boat.





Northwood College for Girls

Northwood College for Girls has reopened its Centenary Library, following a five month refurbishment programme. With the assistance of award-winning architects and designers, Envoplan, the school completely redesigned the internal fabric and layout of the space. The extensive project involved replacing the library's ceiling to extend up to the roof's apex, and new LED lighting and carpets, as well as the installation of new bookcases, sofas, occasional seating and work tables. The lower mezzanine level has been reconfigured with the relocation of the librarian's desk to create a larger and brighter space.



Norwich High School for Girls

Norwich High has been celebrating the life of one of the GDST's most heroic alumnae, World War I nurse, Edith Cavell. A tribute evening was held last June, and in October, the whole community attended a memorial service at Norwich Cathedral. Even Google paid its respects, with a dedicated Google Doodle appearing on her birthday in December.

In other news, this June, the school will be bringing its highly successful Inspiring Females programme to Chelsea Football Club's grounds at Stamford Bridge, London. So far, over 50 alumnae have supported this exciting initiative, along with 200 other guest speakers, and it's hoped that scores more will be getting involved in 2019.

You can find out more at www.inspiringfemales.org.uk

Notting Hill & Ealing High School

Notting Hill & Ealing High's Old Girls' Association once again hosted a buzzing reunion tea party, attended by 250 alumnae and former head, Lucinda Hunt. Meanwhile, the school ran a major networking event focused on architecture, design and engineering and saw alumna, Antonia Kraskowski, Group Fashion Editor at Express Newspapers preside over the school's charity fashion show.

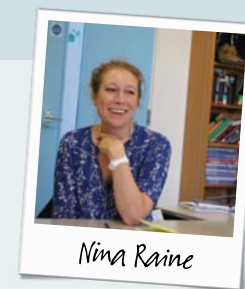


In other alumnae news, project engineer Sophia Djili was awarded the Victor Watson Trophy for Young Person of Outstanding Achievement in the Print Industry; and Polly Arnold was made a Fellow of the Royal Society and awarded the RSC's Geoffrey Wilkinson Award for her pioneering research on transuranic organometallic chemistry.



Nottingham Girls' High School

Nottingham Girls' had an exciting year, during which it welcomed many motivational speakers back to the school, including Alexandra King, who was shortlisted for GDST Alumna of the Year. She inspired Year 11s with a fantastic talk about her time at NGHS and her life now as a journalist with CNN in New York. In November, six girls joined alumna Emma Brown to take part in a poignant school excursion representing NGHS at Armistice Centenary events across France and Belgium. 21 alumnae received their Gold Duke of Edinburgh awards at Buckingham Palace, while the school's London drinks evenings continued to grow, creating new opportunities to meet and link up with new alumnae in the city.



Oxford High School

Oxford High was thrilled to welcome alumna Nina Raine back to school in November. Nina, whose latest play **Stories** is currently at The National Theatre, discussed the key themes, inspirations and obstacles in staging her 2010 play **Tribes**, which won, among other plaudits, the 2012 New York Drama Critics' Circle Award. To hear an author speak so honestly about how great writing is achieved was an inspiring and empowering experience. Nina also joined the Year 11 Book Group for a discussion of life in the theatre, giving a crowded classroom of aspiring playwrights, directors and actors some incredibly practical and hard-won lessons on how to succeed as a female creative in contemporary theatre.



Portsmouth High School

Up to sixty years after leaving Portsmouth High, ladies from the classes of 1958, 1968, 1978, 1998, 2007 and 2008 returned for lunch and tours of the Senior and Prep schools in November. The day was hosted by headmistress, Mrs Jane Prescott, with tours led by the current head girl and senior prefect teams.



The ladies rekindled old friendships and reminisced about the times they had spent at school. Miss Jo Hawnt from the class of 1998 said:

“The smells around the school are so evocative, and bring back many diverse memories of happy times here.”

Putney High School

To celebrate its 125th Anniversary, Putney High commissioned a series of photographic portraits of twelve trailblazing alumnae from the highly acclaimed photographer and Putney alumna, Anita Corbin. The series of images acknowledges the achievements of a range of exceptional alumnae who all display the same indomitable Putney spirit that is so present in today’s generation of pupils.



Speaking about her subjects, Anita said:

“All these women have much in common, and have each gone on to find their own distinct pathways.”

She also spoke of how the girls were always encouraged to look beyond stereotypes and were taught that anything and everything was within their grasp.

The subjects are:

Sophy Gardner
Former RAF Wing Commander

Sophie Simnett
Actor

Mary Coombs
Computer Programmer

Baroness Virginia Bottomley of Nettlestone
Life Peer

Aicha McKenzie
Choreographer

Dr Sandie Okoro
Senior Vice President at the World Bank Group

Jenny Beavan OBE
Oscar-winning Costume Designer

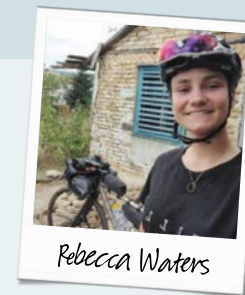
Sophie Raworth
Journalist and Broadcaster

Madeleine Wickham (aka Sophie Kinsella)
Author

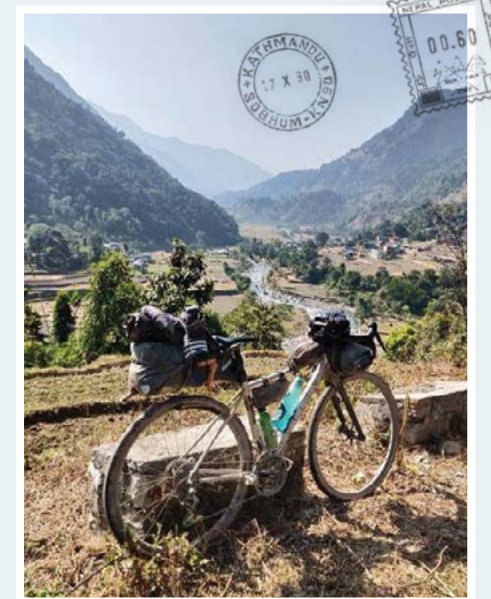


Royal High School Bath

When the opportunity came to volunteer in Kathmandu, Nepal, as a researcher for Street Child, Royal High School alumna Rebecca Waters set herself an enormous challenge – to cycle from London to Kathmandu within 100 days to raise funds for the charity.



Rebecca Waters



Rebecca cycled an average of 100km each day for over three months and through 16 countries with the aim of being fully self-sufficient. Facing terrain that included monstrous climbs, sweltering heat, snowy mountaintops and many other challenges her solo 10,000km threw at her, Rebecca wild-camped wherever possible. But Rebecca was undeterred in her challenge and raised a fantastic £2,500 for Street Child.

Sheffield High School for Girls

Sheffield Girls' was delighted to welcome its new head, Nina Gunson, formerly head of Wakefield Girls' High School in September 2018. The school continues to thrive under her leadership, with its ethos of positivity, courage and kindness encouraging its community of 968 girls aged 3-18 to pursue great things.



Nina Gunson

In other major news, former head, Valerie Dunsford, received an MBE in the 2019 New Year's Honours List for services to education. Valerie said: "I am absolutely thrilled and also very humbled to receive this award. I have enjoyed every minute of my career in education, and it has been a privilege to work with so many inspirational colleagues and students along the way."



Jo Sharrock

Shrewsbury High School

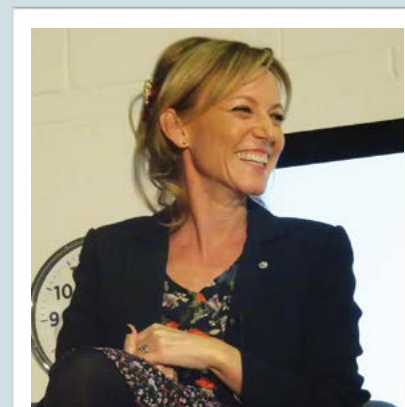
Shrewsbury High welcomed Ms Jo Sharrock as its new head in September 2018. Formerly at Queen Elizabeth's Hospital School (QEH) in Bristol, Ms Sharrock has, as a teacher of History and Politics, enjoyed a wide range of roles, including Head of House and Head of Sixth Form, prior to which she gained broad commercial experience working in the finance sector.

Having herself attended an all-girls school, she credits her education with imbuing her with courage, skills and a belief that every opportunity was open to her – something she aims to create for today's Shrewsbury High School students. On her appointment, she said:

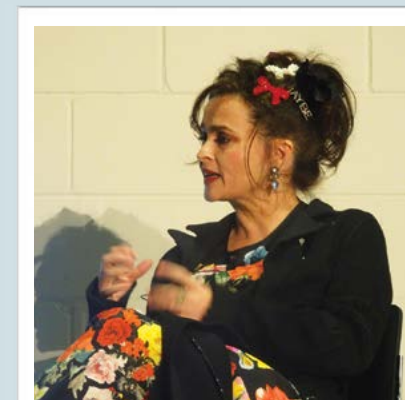
"We remain intentionally small and hugely ambitious for our young people. School should be somewhere that you feel happy, valued and safe to take risks with your learning and above all, it should be somewhere you can have fun as you grow up."

South Hampstead High School

South Hampstead High launched its strategic vision 'Towards and Beyond: Our 150 Anniversary', which outlines future plans for teaching, learning, accessibility, community and capital developments. A key element of this vision is the development of Waterlow Hall, to become the cultural and creative heart of South Hampstead.



Allie Esiri



Helena Bonham Carter

The hall will also be the focus for the school's Speaker Series, a regular event where an array of distinguished guests are invited to share their perspectives on the world. Recent speakers include alumnae Helena Bonham Carter and Allie Esiri who shared school day reminiscences and reflections of life through a selection of their favourite poems.

Streatham & Clapham High School

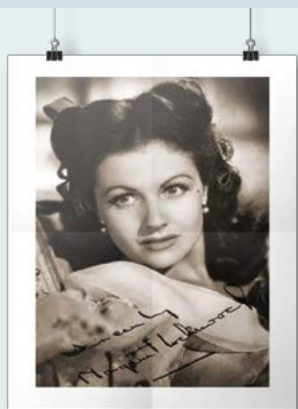
On a beautifully warm, sunny day in summer 2018, Streatham & Clapham High was delighted to welcome back 200 alumnae and guests for the first reunion in many years. Former pupils from the 1940s right up to the Class of 2017 came back to renew old acquaintances, meet their teachers and visit the school's new facilities, including the new dining area and Sixth Form Centre. It was a particularly special day for the Class of 1968, many of whom had travelled from far flung locations to celebrate their golden anniversary.



Sutton High School

Sutton High celebrated the opening of its newly refurbished and renamed Lees Hall in November. Miss Edith Lees, headmistress of Sutton High from 1912-1939, was responsible for building the original hall and is remembered as the school's 'architect headmistress', as she led a major expansion programme that aligned her vision for girls' education and doubled the number of pupils at the school.

Sutton's Lilac Letters initiative brought some of the school's Second World War alumnae back in close touch, with personal letters from current students asking them questions about their wartime school experiences eliciting some fascinating and moving replies, and even some visits.



Sydenham High School

On 21 November, Sydenham High was privileged to watch the unveiling of a blue plaque for alumna Margaret Lockwood CBE. She joined the school in 1925 and became one of Britain's most popular film stars in the 1930s and 1940s.

The unveiling took place in Crystal Palace led by Lynda Nead, Professor of History of Art and member of the Blue Plaques Panel. There were stories from family members and excerpts from *Queen of the Silver Screen*, and the school's Year 12 drama scholar, Saffron, was certainly inspired to find out more.

The school was also delighted to welcome back alumnae Josie Turner and Marianne Grant last term.

Wimbledon High School

Thanks to Inspire Worldwide's ground-breaking Girls 4 Girls project, a group of Wimbledon High girls got behind the scenes of two state-run children's institutions in Sri Lanka in summer 2018. Through a partnership between Their Future Today (TFT), Inspire Worldwide and Sri Lanka's National Childcare and Probation Service, WHS volunteers were able to share their skills and friendship with the children, to help give them a feeling of empowerment, self-worth and confidence. TFT projects in Sri Lanka aim to bring about social and behavioural change, to help improve the lives of vulnerable and disadvantaged children.



In other news, Wimbledon High has been named Independent Girls' School of the Year 2018 by Independent School Parent magazine.

Her future. Your gift.



With your help, the GDST can give gifted girls the opportunity to learn without limits. No matter how big or small, your gift to our bursary fund will make a difference. To donate, call us on 020 7393 6607 or visit gdst.net/donate.

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ADVANCING

Dr Nirupa Murugaesu is helping transform healthcare by harnessing the power of genomics in the treatment of rare diseases and cancer.

CANCER CARE

Alumna of the Year 2018

Dr Nirupa Murugaesu is at the forefront of an innovative and groundbreaking project to sequence the DNA codes of patients with cancer and rare diseases and to better understand those conditions and transform the way patients are cared for.

Nirupa is the Clinical Lead for Molecular Oncology of the 100,000 Genomes Project – announced by former Prime Minister David Cameron in 2012 as part of the Olympic legacy, and the largest national sequencing project of its kind in the world.

The project involves sequencing the DNA codes of cancer patients and analysing the genome of a tumour to inform doctors and clinicians about the behaviour of that tumour and how a patient could be treated. It allows treatment to be tailored to the individual based on their genetics.

Nirupa explains: "Many cancers are crudely labelled by where in the body they occur. By better understanding the genomic make-up of cancers, we can better select those patients that might benefit from a particular type of treatment. It may also give us a better understanding of whether the tumour is likely to behave in a more or less aggressive manner."

"The development of the genomics industry in the last ten years has been groundbreaking."

The first human genome was sequenced in 2000 through the Human Genome Project. It cost \$3 billion and took more than ten years to sequence one genome. That work can now be done in one day, with results being interpreted and returned to hospitals within a week.

The 100,000 Genomes Project is developing the field even further. The project's aim was initially to sequence 100,000 genomes from NHS patients. Now that this has been achieved, the focus has moved toward providing the infrastructure for a Genomic Medicine Service – to be in place this year. The introduction of the medicine service aims to provide equity in cancer genomic testing, and the adoption of a standardised approach for cancer patients across the NHS.

"Another key aspect of the project," Nirupa says, "was the implementation of a genomic research platform to allow translation into the clinical setting and the development of personalised medicine for cancer patients throughout the NHS."

"It all takes time - these things don't happen overnight - but there is now a unique opportunity to transform genomic healthcare, embed genomic testing into routine hospital care, to advance cancer care and improve outcomes for NHS patients."

A former pupil at Notting Hill & Ealing High School, Nirupa's education centred on maths and science, setting her on a path towards medicine. She studied at University College London (UCL) before becoming a junior doctor and pursuing a career in oncology.

Nirupa's early experience in science research sparked her interest in how research could complement and translate into the clinical setting of a hospital.

Later, she moved into the field of genomics as she completed her PhD and post-doctoral training and gained further experience in cancer genomics.

Genomics at that stage was rapidly advancing — thanks to the technology — and Nirupa entered the field at a key moment.

"It was luck, I was at the right place at the right time, which provided me with this significant opportunity and has opened up other avenues and new areas of development," she says.

Photograph by Lydia Goldblatt

LIFT UP YOUR VOICES!

Composer Anna Appleby is urging women to take their rightful place in a world of music dominated by men. So, if you have something to say, use the power of your voice - and say it.



Photograph by Lydia Goldblatt

Composer Anna Appleby wants to open up new opportunities for women composers, give a voice to the voiceless and empower her young students not to be afraid and let their voices be heard.

After picking up the oboe at the age of ten, Anna had a 'turning point' when she was invited to play the Mozart oboe concerto in the school orchestra at Central Newcastle High School (now Newcastle High School for Girls) just five years later.

Now 25, she was encouraged by her school, which placed emphasis on the arts, and the support she was given by music teacher Richard Gooding (who nominated her for the GDST Trailblazer Award).

"My school created a nurturing environment for the arts; the arts

were taken seriously and celebrated as much as the sciences and sport. In a sense they were an equal player in the school's image and ethos and that really helped to foster a community there," Anna says.

The 'eccentric' oboe was Anna's musical instrument of choice.

"It cuts through the heart of the orchestra, and I think it takes quite a lot of confidence to play it," she says.

"People often have that relationship with their musical instrument, it can say something that they might not necessarily be able to express [in any other way]. It's a really powerful thing."

Anna started writing music at school but composition became her calling during her time at St Hilda's College, Oxford: she just knew she had to write music.

The idea of creating something from nothing, improvising and trusting your creative instinct is what composing is about, she says.

"You take an idea that's just yours and you trust it, taking it through a development process that can be quite mathematical," she says. "But at the root of it, you have to trust your ideas and guide them through a process until a listener will connect with them in some way. It's an empowering thing to do."

Anna says that finding your voice is something that takes perseverance; even a composer who is 80 might say they haven't figured it out yet.

Anna's two musical styles are clear: a contemporary classic style, which fuses fun, dance-based ideas

with emotive melodies; and one in which she uses folk and jazz to uplift and energise people.

She prefers writing for the voice as it's something immediate that everyone can participate in.

But composing is not about sitting around waiting for the ideas to turn up – because they won't, you have to work at it, she says.

"I can't remember who said this, but it's a favourite quote of mine –

"Inspiration will come, but it must find you working."

She adds: "I really believe in that, but you must not overwork it either because if you are overworking you

can run out of ideas altogether."

Despite Anna achieving early acclaim for her work – writing for leading orchestras and being the youngest ever Music Fellow with the world-famous Rambert Dance Company – she says the world of musical composition is still one dominated by men, and women are being left out. Even musical history favours men. But the emphasis is shifting and women are challenging decisions made by men, who often choose male programmers and commissioners.

"They are unaware of this issue," Anna says, "and they'll just perpetuate what they know. So the trick is to challenge and to educate and to motivate by saying 'actually the only future of classical music and of music and of the arts is to listen to all these women's voices - we are already there'."

A leading pioneer of change is Vanessa Reed, Chief Executive of the Performing Rights Society (PRS). She wants to see 50/50 commissioning of men and women composers in classical music by 2022, and the BBC Proms has already signed up to the initiative.

Anna is also a key part of the change and in October 2018 she was involved in the Sound Festival, a new music festival in Aberdeen that is addressing the imbalance of programme commissioning.

Anna says she also wants to see classical music reflect all parts of society, with composers of all ethnicities, disabilities and different gender identities involved in the arts.

"Being a woman from a privileged background, I have this opportunity to speak and to say this

all needs to change for everyone – classical music is completely irrelevant and doesn't belong in today's society if it does not represent the population."

One of Anna's career highlights has been writing for Streetwise Opera, a performing arts charity for people who are or have been homeless.

She says: "It changes the conversation around homelessness, it changes the image and says to society 'look at these people, they have something to offer you and challenge you with'. It's not a one way system. Homelessness does not define them, it's part of their experience and they can use that to make amazing art."

Anna wants more girls and women to be part of the music world and for their voices to be heard.

"If you have something to say, find it and say it," she says. "You have greater power using your voice than anything else, and music is a way of amplifying that voice."

Anna Appleby

Anna Appleby is a composer who has achieved early acclaim, standing out in a field traditionally seen as a male preserve. She believes in using music to give voice to the voiceless in society, and tirelessly champions the work of female composers. Anna is an alumna of Central Newcastle High School (now Newcastle High School for Girls).

JUST DO IT

Serial entrepreneur Fleur Emery offers a few tips on launching your own business. So, what's your big idea?

"My name is Fleur and I'm an entrepreneur. That is to say; twelve years ago, having become frustrated by my inability to decode the mystifying world of work, I started a porridge company from my kitchen table which, more down to luck than skill, was a surprise success and made it as far as Waitrose and beyond. Today, I am working on my third start-up. Success is more down to skill than luck these days and, happily, I often find myself sharing my experience with novice entrepreneurs; passing on the things I'd wish I'd known when I started out. So, if you've ever thought that the life of a female founder is for you, here is my quick-guide to going it alone ...

The first thing that you need to do is ask yourself if you have the right personality for the job. In retrospect, the biggest clue that I was the type was actually my difficulty working for other people. I did well at school (Portsmouth High, LOVED it there), graduated from UCL but despite getting good jobs in the third sector, the City and the NHS, I just couldn't settle down.

At the time I felt baffled and defeated but I now know that business founders often share my need to be involved in all aspects of a project and struggle to be happy when they are limited to working on isolated

tasks. If this rings bells with you then you are in good company. The second personality trait to look out for is curiosity:

"Founders are the people constantly asking questions and having ideas."

In the mainstream world of work, I hear people saying that they would like to leave and 'do their own thing' but complaining that they can't think of a business to start. That is not a problem for a natural entrepreneur, in fact usually the reverse is true and they find it hard to narrow their list of exciting ideas down to one and run with it.

So, if this is you and you have an idea that's keeping you up all night, what next?

I love the expression 'start somewhere' and would encourage you to just take a single sheet of paper and write, in plain terms what you plan to do and how. This is a business plan in its simplest form. Doing that will help you work out basic things like what your product or service is, who your customer is and how you are going to sell to them (route to market). You can then also get on Google and look at the number of other businesses

doing the same thing (which will tell you how crowded the market is), try and estimate how much money they might be making and take a guess at both your chance of success and what that success might look like. Record the facts from your research that support your 'best guess' conclusion so that as you find out more information you can adjust it.

Next, take these findings and consider how you could continue to meet your own basic needs and responsibilities or 'keep the lights on' in your life while running the business. This is an assessment of how viable the project is. If you can get this far and are still saying 'yes I think I can do this' then congratulations, you are at concept stage and are ready to get out and meet fellow entrepreneurs and get going.

Of course, this is super-simplified, but the good news is that there is masses of support available and there really has never been a better time to be an entrepreneur. Networking groups or even Facebook pages can provide free information and fellowship; government start-up loans, crowd-funding and tax relief for investors in the form of the Seed Enterprise Investment Scheme (SEIS) can help you get the money you need; and mentorship can keep you on track.



I have been lucky enough to have had great expert guidance at different stages of my career and have recently become involved with the GDST mentoring scheme. I'd encourage you to get online and find out what is available to you. As with most things in life, talking to people who have done what you plan to do is always a great place to start – and the great thing about starting a business is that,

"You really can make it up as you go along, and do it your way"

which, if you are anything like me really is the only way to go."

Fleur Emery

Fleur Emery is a start-up entrepreneur currently building her latest venture – Whetstone Food, a range of high-end prepared meals. In addition to her other food labels, Grasshopper Porridge and Green & Pleasant she worked on nut butter brand Pip & Nut and is a columnist for Courier magazine. Fleur is an alumna of Portsmouth High School.

When it comes to the campaign to get more women into science, technology, engineering and mathematics (STEM) most engineering companies and big corporates are merely paying lip service and what they're doing doesn't work, says scientist Dr Jess Wade.

"Trying to get girls to study physics is nothing new," Jess says. "There's a lot of money and effort going into Girls in STEM initiatives – but very few are evidence-based and the majority are very superficial."

A former pupil of South Hampstead High School, and now a Research Associate in the Faculty of Natural Sciences (Department of Physics) at Imperial College London, Jess doesn't pull her punches.

"Almost every big engineering firm or corporate thinks they've come up with the answer to what will fix the

Dr Jess Wade

Jess Wade is a physicist and researcher in the Department of Physics and Centre for Plastic Electronics at Imperial College London, working on chiral organic light emitting diodes. She also carries out public engagement work in STEM - the campaigning to get more women involved in science, technology, engineering and mathematics, and is a leading activist in improving gender balance in science. Jess is an alumna of South Hampstead High School.



STEM SELLS

decades-long gender imbalances in the sciences. This isn't just overwhelming for teachers: it actually and incorrectly makes you think that everything is okay. Ironically, assuming that you know the answer seems like a pretty unscientific approach to me."

What does work, she says, is starting at grass roots level, with a focus on teachers and parents and whole-school discussions about equality. When you do that you can start to have the conversation about stereotyping with everyone.

"It's shocking how early girls and boys are subjected to society's stereotyping, which is why it is critical that we start enabling them to debunk these myths right from the beginning, with the backing of all their teachers and parents," she says.

"They're the ones we need to get on board, because when we enthuse them, we can enlist their ongoing support, to keep the momentum and impact going."

In addition to her support for the Institute of Physics,

Jess has become an activist, generating media coverage and significant funds.

One of her first moves was to set about publicly recognising every female achiever in science with a Wikipedia entry.

"Wikipedia is the fifth most popular website in the world," she says. "It is such an important platform for education and documenting our history that it is crucial it is impartial and unbiased. The reality is that 80-90

per cent of the editors are men, and 83 per cent of the biographies are about men."

Jess alone has created more than 370 entries for female scientists in the past year, and is enlisting helpers from schools, and others who are keen to join the movement.

A second mission of hers is to get a copy of Angela Saini's book *Inferior* into every school in the UK, and to do the same in the US and Canada.

"Reading *Inferior* changed my life – it gave me the confidence to speak up, the evidence to challenge sexist remarks and a network of women scientists around the world who support each other. Saini painstakingly assesses the questionable scientific experiments that set out to show men and women are different. I want every young person to read it – to learn about bias and to join our fight for equality."

And why does it matter so much? "With more women in science," Jess says, "we can make discoveries more quickly - because when diverse minds come together to solve problems, new thinking happens, and this is how problems are cracked. The world has an awful lot of problems to solve right now, and we won't achieve it with a bunch of old white men who look and think the same."

Ultimately, she says, it's about creating equal opportunities. Equal opportunities for society, in which women are shaping – and being recognised for – scientific advancement, and equal opportunities in their careers. By changing societal messages right at the beginning of a child's educational journey, we

can change their view of the world, and enable them to see more opportunities for themselves in the future. "We know that you are 2.5 times more likely to study physics A-Level – which, by the way, is one of the most useful you can possibly take for any career – if you go to an all-girls' school.

"The GDST is living proof of this – more often than not, when I meet an impressive woman scientist, she started at a GDST School. GDST girls have the passion, the teachers and the confidence to challenge the outdated stereotypes in society. Now all we have to do is to make sure that other girls get this opportunity too."

Want to read more?

Inferior: How Science Got Women Wrong and the New Research That's Rewriting the Story by Angela Saini is published by 4th Estate, an imprint of Harper Collins. If you want to get involved in Jess Wade's campaign as a funder or supporter, follow her on Twitter @jesswade

SYNTHETIC MINISTRONE

Millions of people have woken up to the perils of plastic. Here, Sutton High School alumna, marine biologist and BBC TV presenter Dr Helen Scales tells us how she once came face to face with the problem in the seas off Senegal.

“A few years ago, I lived and worked for a while in Dakar, the coastal capital of Senegal on the westernmost bulge of Africa. Home for me was a small apartment next to a long sandy beach. Every morning before sitting down to write, I would put on my wetsuit, tuck my surfboard under my arm and walk five minutes to the waves.

During my first few sessions, I remember glimpsing colourful shapes in the water and thinking they were jellyfish, but I took a second look and realised they were plastic bags. I got used to surfing waves that were flecked with multi-coloured plastic fragments, like confetti. Several times, horrified, I untied plastic that had knotted around my leash (the cord that fixes my surfboard to my ankle). It's often said that we're turning the seas into a plastic soup, but for the first time I knew what it felt like to swim in synthetic minestrone.

My visceral encounters in the Senegalese waves woke me up to the colossal scale of the plastic problem.

It was around the same time that public awareness of plastics began to grow. In the BBC's much-loved Blue Planet II series, David Attenborough opened the eyes of millions of people to the perils of plastics choking ocean life. And barely a day goes by now without another news story emerging of a whale dying with a belly-full of plastics, or researchers finding plastics in new places — frozen into Arctic sea ice, in the deepest seas, in drinking water, even in the air we breathe.

There's no doubt now that plastics are everywhere.

What we don't yet know are the impacts all the different types of plastics are having, on species and ecosystems and on human health.

Scientists around the world are now working on those questions. But that will take time and it's already clear we need to act now to give up our global addiction to plastic.

Focus tends to fall on what all of us as individuals can do to cut down the plastics in our lives. In some ways, it's a useful approach. It gives people a way to respond positively to the problem and hopefully not feel totally overwhelmed or powerless. Since I got back from Senegal, I've tried to use as few single-use plastics as possible. It makes for some difficult choices (try as I may, I can't find plastic-free dried pasta; but it

also means I'm having fun getting to know my local bakers and market stall holders). It's a challenge that not everyone can or wants to take on. But it isn't all or nothing. There are forms of plastic that most urgently need reducing, like the one million drinks bottles bought every minute worldwide or the 2.5 billion coffee cups thrown away each year in the UK. Another no-brainer is to stop flushing cotton buds and wet wipes down the toilet.

There are downsides, though, to this emphasis on individuals. Some people resent being made to feel guilty for using plastic. Some claim that most of the plastics in the oceans don't come from countries like the UK anyway, but instead from China and Southeast Asia (in fact, much of that is plastic exported from Britain for recycling but still ends up in the sea).

Others argue that demonising plastic is distracting us from more important environmental problems like climate change. It's true that

refusing a drinking straw on board your transatlantic flight isn't going to save the planet. But plastic pollution is persuading more people than ever to care about the environment and think about what we're doing to it.

We have a chance now to find the right solutions to end plastic pollution.

Great minds need to come together to work on each part of the problem — from manufacturing and waste-disposal to unpicking the ecological impacts — and pushing all of this ahead will be the growing public pressure for radical change. And if we get this right, who knows what else we might achieve. As the head of the charity Surfers Against Sewage, Hugo Tagholm recently tweeted:

“It doesn't end at plastic.”



FIGHTING BACK

Champion fencer Claire Bennett just missed out on a place in Team GB at the 2012 Olympic Games - but she fought back and now helps people from students to CEOs to find their inner strength.

“As an athlete, I was always fascinated by what drives success.

In most sports, there is little distinction between those near the top in terms of technical ability. So what makes the difference? As I progressed through my career in fencing, I increasingly understood that much of someone's success was down to the attitude and mindset that they brought to their sport.

I believe that the same is true in all walks of life, whether you are a student at school, a banker, a coder or a teacher. What is it then that sets somebody apart from the rest? What is it that drives sustainable success? We can be a teacher, lawyer, student, designer, or anything else, but what makes us into the best we can be in this role? It is the attitude and mindset that you bring to school or work every day.

Rigorous research around elite

athletes has proven how important attitude and mindset are in driving sustained success, how crucial they are to determining who makes it and who doesn't. Similar research has been carried out and applied in military settings around the world, as well as within business. Attitudes such as confidence, focus, resilience, motivation and determination have been shown to be key factors.

Knowledge and skills are easier to acquire than ever before. But what one person does with that knowledge and skillset, and how they leverage that, is determined hugely by the attitude they bring to work every day.

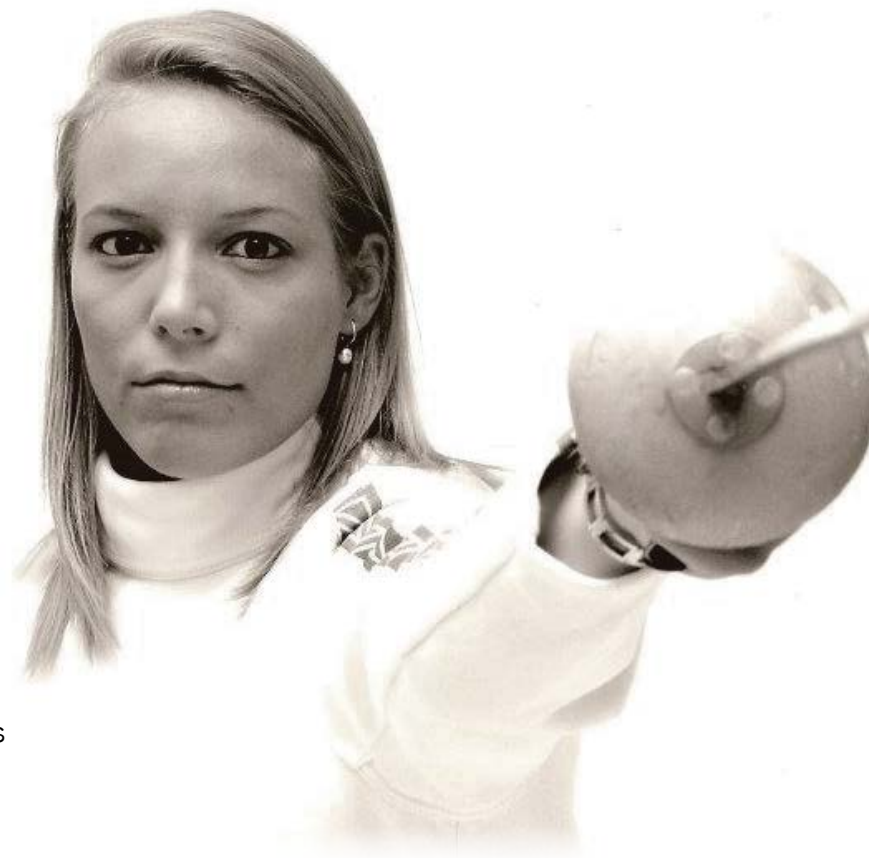
For me, the most important first step was self-awareness. What are my strengths? How do I generally operate? How does my behaviour change under pressure? How am I different to others? This is the foundation, the cornerstone. This builds confidence, one of the key attitudes. What about resilience? It is so im-

portant, and something that again research has shown we can build.

So how were these, and other attitudes, relevant in my career in fencing?

It was actually when I started fencing at Sydenham High School at the age of ten that my interest in sport started having a positive effect on my academic work. I was soon transferring the focus, motivation and concentration needed for fencing to my schoolwork without really noticing. My academic work improved and I ended up getting a Joint Honours Degree in French and Spanish from Durham University. Self-motivation was key for me to being one step ahead of the crowd, and on top of both my sporting and academic commitments.

In Olympic 2012 year I trained harder than I had ever trained before in my fencing career. I gave it my all and made sure I left nothing in the tank to the exclusion of friends, family and social life. I was relentless



perspective, what I learnt is not to let disappointment hold you back.

When I dared to stand up for what I believed in again, I found happiness, success and a new lease of life.

I managed to pick myself back up and I started to work on my growth mindset again. I realised I could be successful in my life beyond sport. Ensuring that I trained my growth mindset on a daily basis and never giving up on driving for success helped me to bounce back quicker and go for something important again.

Many athletes struggle to deal with the 'transition' out of elite sport into a 'regular' job. I definitely struggled. It was hard at times. However, I am delighted now to be working for Sport and Beyond – a training and consulting company that focuses on supporting people, from school students through to experienced chief executives, on the attitude and mindset required to drive success.

What I know now is that the strengths that I acquired through elite level sport such as my learning agility, perseverance and strong work ethic, have given me the confidence to transition successfully and embark on a new chapter in my life beyond sport.

The strengths that I recognise from my days at school, and from my fencing career, are the same strengths I now use in my role at Sport and Beyond. Knowing this gives me confidence in the way I work.

My learning agility has allowed me to adapt to any new challenges and skills that I have undertaken in the workplace. My perseverance and strong work ethic have given me the confidence and courage to start a new career in people development. It's a career that I love, and one that makes me feel as alive as I did during my fencing career. My advice would be to

start getting to know yourself and your strengths as early as you possibly can.

Our To Boldly Go Programme helps students build their self-awareness, confidence and resilience. Our Embedding a High Performing Mindset does the same (and more) within business. For anyone who would like to find out more, I'd love to hear from you – claire@sportandbeyond.co.uk



Claire Bennett

Claire was a member of the Great Britain women's foil fencing team and part of the World Class Performance Programme, representing GB in European and World Championships since the age of 14. As captain of England, Claire won individual bronze and Team Gold at the 2010 Commonwealth Fencing Games. Claire is an alumna of Sydenham High School.



GO AHEAD, CHANGE A LIFE

Cheryl Giovannoni, CEO of the Girls' Day School Trust, explains how our bursary fund helps change the world, one girl at a time.

“Your gift can change a life.”

I'm not exaggerating.

I believe in the power of education to transform the life chances of girls and young women, and that every girl deserves the opportunity to learn without limits.

We are on a mission at the GDST to ensure that our deep commitment to outreach and partnerships makes a real and lasting impact. Our core purpose is to educate as many girls as possible – our two non-fee paying academies and our extensive partnership programmes are central to that, as well as our bursary programme.

Almost every GDST school is currently involved in at least one partnership or outreach project with schools in their local communities, and over half are involved in at least

three. In 2017, GDST schools worked in partnership with 426 state schools and helped over 6,700 children.

It goes back to our roots, really: the GDST was founded by four pioneering women, who believed that there was a need to educate girls when no one else thought we mattered. GDST schools offered an academic education, a far cry from some of the ladies' academies of the time. Our schools were direct grant schools, and when that was no longer an option, we embraced the Assisted Places scheme. Since that was phased out we have built up our endowments to ensure that bursaries are available and that able girls from all social backgrounds have the opportunity to benefit from a GDST education.

When it comes to means-tested bursaries, we definitely punch well above our weight. We educate just over 3 per cent of pupils in the Independent Schools Council, but

account for over 7½ per cent of the full bursaries. Nearly 1,100 pupils benefit from a means-tested GDST bursary, representing one in eight of the students in our fee-charging senior schools, and 40 per cent of those receive full bursaries. We want pupils on full bursaries to participate fully in school life, so we help meet the cost of extra-curricular activities, uniforms, travel, and more.

We know what a difference a bursary can make to a girl's life. But there is so much more we could do – with your help.

We're building up our bursary fund to deliver on our belief that every girl deserves the opportunity to learn without limits.

This makes our schools better, too. By welcoming girls and young women into our schools from every sort of background, all our pupils benefit from fresh perspectives and experiences; from diverse

viewpoints and open minds; from curiosity, enquiry, and challenge. In turn, we all gain new horizons, ambition, attainment, innovation, fearlessness – changing our world – for the benefit of all.

A GDST bursary is about changing the world for women. One girl at a time.

Could you, as a member of the GDST family, help us to change a girls life?

To donate to our bursaries programme, go to www.gdst.net/donate, or contact our Development Department on 0207 393 6607, or fundingbursaries@wes.gdst.net.



Charlotte Brown Sheffield High School for Girls

“I definitely didn't come from a similar background as a lot of my classmates at Sheffield Girls'. My mother being a teaching assistant and my father being a warehouse worker, neither decided to pursue education past college-level, but as a naturally academic person I'd always aspired to one day go to university. On top of that, I went to a secondary school where a lot of pupils struggled academically and with bad behaviour, so I felt like the odd one out and experienced a lot of bullying and problems with mental health as a result.

One of my teachers noticed how hard I was working and pulled me to one side to offer me a prospectus for Sheffield Girls' Sixth Form, and I was later overjoyed to receive a full bursary that would allow me to attend despite my family not being able to afford the fees.

I loved it from the very first day: finally being around people like myself, who were academically driven and always striving to be kind, I was the happiest I had been in years. My self-esteem blossomed with the support of teachers and peers to the point that I'm a completely different and more confident person, taking part in everything I can instead of shying away.

Academically too, the school was unparalleled. I am confident that the reason I achieved my A*AA final grades and will be the first in my family to attend university, is in large part due to the opportunities, excellent teaching and supportive environment I had during Sixth Form. Sheffield Girls' will stick with me and empower me to fulfil my potential way past leaving the school, and I never would have had any of the wonderful experiences of the past two years without the help of the bursary.”

THE WRITE STUFF

GDST schools seem to produce a startling number of successful authors. Here are a few alumnae making a mark in the world of literature.

Bright Young Dead, Jessica Fellowes' (Blackheath High School) second novel published in October 2018, is described as a 'perfect cocktail of 1920s glamour and mystery'.

Annie Lyons (Bromley High School) published one of last summer's big reads, **The Happiness List**, in July.

The Story Keeper, published last July, is the second book by Anna Mazzola (Croydon High School), a crime fiction novel set on the Isle of Skye in the 1850s.

Northampton High School saw a number of alumnae published in 2018, including Kate Baucherel with **Hacked Future**, Anne Fine with **The Angel of Nitshill Road** and **How to Write Really Badly** and Louise Pentland with **Wilde Like Me** and **Wilde about the Girl**.

Lucy Foley (Portsmouth High School) had two books published over the past twelve months – **Last Letter from Istanbul**, in the summer of 2018, and this January, her first thriller, **The Hunting Party**.

Putney High School had five authors published in 2018: Sofka Zinovieff with **Putney**; Sophie Kinsella's **I Owe You One**; Jill Dower's **Good Clean Fun – A Social History of Britain's First Holiday Camps**; Melanie Phillips' **Guardian**



In addition to publishing **Brit(ish): On Race, Identity and Belonging** in 2018, Wimbledon High School alumna Afua Hirsch has been announced as a Man Booker Prize judge for 2019.

Angel – My Journey from Leftism to Sanity; and Lily Blacksell's poetry pamphlet, **There's No Such Thing**.

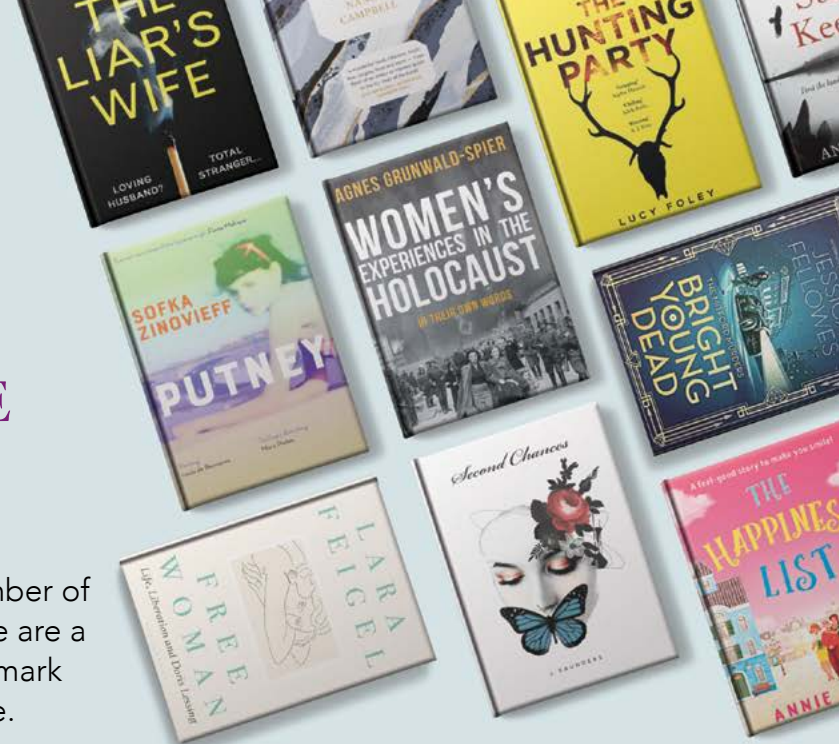
Jessica Saunders (Royal High School Bath) published **Second Chances**, described as a 'vile romance' in July 2018.

Lara Feigel (South Hampstead High School) published **Free Woman**, a critically acclaimed, genre-defying memoir in which, inspired by Doris Lessing, she experiments with sexual, intellectual and political freedom.

Agnes Grunwald-Spier (Sutton High School) published her third book, **Women's Experiences in the Holocaust: in Their Own Words**, an important and moving account of women in the most terrible circumstances.

Howell's School had two authors published last year – **Juliet Jones and the Ginger Pig** by Sue Reardon Smith and **The Captain's Favourite Treasure** by Angela Fish.

From Newcastle High School for Girls, LJ Ross released **Seven Bridges**, **The Hermitage** and **Longstone**, books 8, 9 and 10 in her DCI Ryan Mysteries series; while Nancy Campbell published **The Library Of Ice: Readings from a Cold Climate**.



EVENTS & GETTING INVOLVED

Self development

We've got a number of new events in the pipeline for 2019, including our new Self-Development Series which will cover a range of themes, from knowing yourself, and building confidence and resilience, through to asking for a pay rise, managing difficult people, understanding how you work with others and navigating office politics. Keep an eye on our website for updates at www.gdst.net/events

Alumnae film

And if you have a spare couple of minutes, watch our alumnae network film at www.gdst.net/alumnae-film

To find out more phone us on 020 7393 6898, email us at info@gdstalumnae.net or just keep an eye on our website at www.gdst.net/alumnae

Get involved in mentoring

Alumnae mentoring at the GDST continues to grow, and we're currently still taking applications for our 2019 mentoring programme, if you'd like to take part – either as a mentor or mentee. Just go to our website to find the application forms, or email us at mentoring@wes.gdst.net

We've also launched GDST rungway, a new mentoring app that connects you with GDST Sixth Formers (see News, on page 5). So if you think you could help answer a Sixth Former's questions and want to get involved, just put gdst.rungway.com/request-invite into your web browser and enter your email address, to receive instructions from rungway on how to sign up.



GDST networking

Keep an eye out for our business networking events over the coming weeks and months. In addition to our established City and Law group events, our newly formed GDST Entrepreneurs group has exciting plans, as does our very new US networking group in New York.



Wallace Collection, London

Tuesday 30 April 2019
11.00am | £11.00

Join us for a private guided tour of the Wallace Collection at Hertford House in London's Manchester Square for an exclusive view of its outstanding art collection.

All England Lawn Tennis Club, Wimbledon

Wednesday 15 May 2019
11.30am | £21.00

A tour of the world-famous AELTC grounds in Wimbledon and the club's museum, as it gears up for the 2019 tennis championships.

Wonderful Women of Whitechapel

Wednesday 3 July 2019
11.00am | £10.50

Enjoy a walking tour around Whitechapel and Spitalfields, learning the stories of the women who helped define the area – from radical campaigner Annie Besant, to artist Tracey Emin and author Monica Ali.

Stonor Park, Henley-on-Thames, Oxfordshire

Tuesday 6 August 2019
11.00am | £23.00 (incl. lunch)

Join us for a private tour of the house and gardens of Stonor Park, home to the Stonor family for over 850 years, and one of the oldest family homes still lived in today.

GDST

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