



**QUEENS' SCHOOL**  
Dare to be Great

# Queens' Alumni News

Issue 3 April 2022

Welcome to the third edition of the **Queens' Alumni newsletter** where you can learn all about how our past students have got involved with helping our current students.

## 'Where are they now'

Professor Matt Springham (left Queens' July 2001). He spoke to Sixth form



PE students about his work as a sports conditioning coach



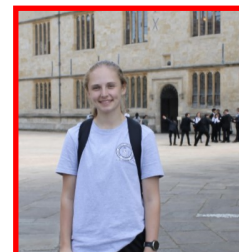
with several premier ship footballing sides, and his current role as senior lecturer in Strength and Conditioning Science and Exercise Physiology at St. Mary's University. He is also the technical lead in Strength and

Conditioning at the Royal Ballet Company in Covent Garden.



## Past students inspiring the current students

Our aspiring medical students in Sixth form have been lucky enough to get some advice from ex-student Ore Jacobi (Newton). Ore is currently in her third year at Trinity College, Oxford studying Medicine. Ore has spoken via Zoom to a number of our students, discussing the course and providing insights and advice around the rigorous application process.



**Frankie Webster came into school to talk to the Year 11 and 12 about this years NCS Summer programme.**

**Frankie is now working with Watford FC Trust to promote this fantastic opportunity that many of our Alumni have enjoyed taking part in. Frankie has joined the Trust after a four year Sports Psychology Masters Degree from Portsmouth University. Keeping up with her love of sport she is playing Football for Barnet ladies.**



## Former students returning as staff

Owen Abderrakib AH 2013-2020

Daniel Brant NE 2008-2015

Lauren Hall NE 2010-2017

Sam Harris NI 2010-2017

Nadiya Hayder 2016-2018

Becky Holder DP 2007-2015

Ruth Humphry-Ingram AH 1998-2004

Ryan Hunter DF 2010-2017

Jake Hurst DP 2008-2015

Polly Jenner NI 2006-2014

Tracy Jenner nee Clark SV 1974-1979

Julie Kenny nee Perrotton DF 1975-1980

Lewis Lamb NE 2010-2017

Mitesh Mistry SG 2009-2016

Carole Phillips nee Meehan SG 1977-1982

Jayne Porter SA 2009-2014

Sarah Sharp AW 2008-2015

Sarah Thorn SP 2006-2013

Mick Swift Drake through and through

If there are any news items or information you would like included please email Mrs Davies [daviesch@queens.herts.sch.uk](mailto:daviesch@queens.herts.sch.uk)  
To join our Alumni please register via the school website.



**QUEENS' SCHOOL**  
Dare to be Great

**Daring to be Great by pursuing our values of Scholarship, Tenacity, Altruism and Respect**





We are so pleased to see the return of Year 7 trips this year after the pandemic.  
We're sure you have happy memories of your Year 7 trip - maybe you were on one of these?

Sutherland trip July 2004



Ingleton 2004



Malham 2010

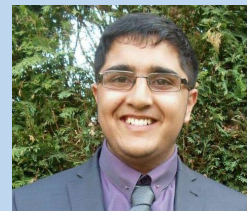


Newton trip 2011





## Ms de Groot caught up with ex-student Mitesh Mistry



### 1. What has changed most about the school since you were here?

I would have to say the teachers. The locations of some departments are also different as well as offices (including the humanities office which used to be a toilet!) Also, the different names for the houses. It is still unusual to have their different names.

### 2. What has changed least about the school since you were here?

The site itself has not changed much. The sports hall is very much the same as well as the rooms and their own unique vibes. I would also say the culture has not changed much. There are still the expectations of high achievements but in a safe and friendly environment. I still like there is a good relationship between the student and staff bodies. I also like that the house system is still there. It always made for a great community and competition amongst friends and different year groups and this is still present.

And Mr Buckland still has his Hull City flag from when they lost the FA cup final. COYG

### 3. What was your favourite school lunch?

Has to be a pepperoni Panini or a chocolate chip cookie. Not very healthy but still amazing then and now.

### 4. Who was your favourite teacher (apart from your Maths teacher of course!)?

I would always say an English teacher called Mr Ingles. He (along with Mrs Stokes-Wigham (now Ms Wood)) inspired me to take my degree (Ancient History) and to have a real hunger for exploring the ancient world. He would go into such great detail and cared for the intricacies of the subject. It was a joy to be his student.

### 5. Who were your form tutors?

I had Mrs Nasar, Mr Buckland and later (after Buckland defected to Auden) Mr Haines (best one).

### 6. What was the best thing about your Year 7 trip, and where did you go?

We went somewhere in Wales (not entirely sure). There were a couple of great parts. One was an egg competition where we had to make a parachute for an egg and if it survived we were able to egg a teacher. Our group was the only one that managed to do it (somehow; it was literally a load of paper wrapped around the egg). I can't remember who it was but I think it was Mr Michaelides. We also combined all the sauces in the canteen and made a new sauce which actually tasted quite nice

### 7. What was the worst thing about your Year 7 trip?

I would have to say the accommodation. We stayed in some weird tents which were very drafty (I hear they don't use these anymore). I think everyone came away from that place with a cold!

### 8. Words of wisdom to current students:

Be respectful, be proactive. Respect is such a key thing in life. Understanding different people, cultures and the other aspects of life requires respect and humility. Proactive because no one will give you what you want. You need to work for your goals and try your very best both in school and in the wider world. Be someone you, your family and friends are proud of. You may go through difficult times, but it only makes you stronger on the other side.

### 9. What was the best thing about going to University?

It was a great place to meet new people, explore ideas in much more detail and challenge my own views. University is such a diverse place and people of all backgrounds and ambitions go there.

### 10. What is your favourite new House name?

I love Seacole. Not just because I am part of it and it was my old house, but also Seacole herself. Reading up on Mary Seacoles' life gave me new inspiration to achieve the very best I can for my students and myself.

### 11. What extra-curricular activities did you do when you were at school?

I played a lot of badminton and ended up running it with Mr Lindsey. We got to regional playoffs which we used to host yearly. We almost progressed to the next stage but Watford Boys just beat us. I also went to debates run by Mr Rooney. Plus I played a lot of cricket and house cricket.

### 12. Did you ever get a detention and if so what for?

Never. A proud record of mine.

