

# The Nascot News

Issue: #5



## Nascot Wood Junior School

Welcome back to The Nascot News, which we are thrilled to share with you.

As we are the new editors of The Nascot News we would like to introduce ourselves. We are Avani and Fareeda and we are both in year 6.

First of all, we would like to thank this edition's core team which includes: Tyler Thomson, Lorenzo Curci, Sanvy Sandeep, Vithuran Kandeegan, Anushka Phatak and Janvi Arun (all from year 6) for helping put together this edition. Also many thanks to Rayan Dutta (year 4), Tiaana Chotalia (year 4), Aanshi Maru (year 6), and Tanvi Palepu (year 6) for their contributions. We would also like to thank last year's editors Jamie and Amelia for sending us a message for this academic year's first edition.

A special thanks to Mrs Singh, Mr Watts and Miss Reynolds for their support in getting this edition to you.

We hope you will enjoy the exciting content in this edition. We've also hidden some Santa hats, so count how many you can find!

We would love to know what you think; if you have anything you would like to contribute for future issues, please let us know!

Have a wonderful Christmas and New Year.

Avani and Fareeda.



Interview with Angie  
Gunn



Meet the new JLT



The Herts Hockey  
Tournament



Introducing "This  
or That"

## Angie Gunn, Cassiobury Tennis Club

### Interview

*Avani Amlani is a keen tennis player, and for this edition she interviewed Cassiobury Tennis Club coach Angie Gunn.*

***When did you start playing tennis and when did you decide that you wanted to be a coach?***

I first picked up a racket and thought I was playing tennis when I was about 10 years old. But I didn't actually start having lessons and playing tennis properly until I was in my 30's. My son James had just started lessons with Steve Shea (Cassiobury Tennis Club's Head coach) when he was 5 years old and I enjoyed watching his lessons so much that I asked Steve if I and 3 other mums could share a weekly 2 hour lesson. And that was it I was hooked. We had such fun learning together; it was the highlight of my week.

A few years later, I was asked by a friend who was working at Cassiobury Junior School if I would do tennis as part of their new enrichment afternoon. I jumped at the chance and after the event the school asked me to run an afterschool tennis club - I'm still running that club over 20 years later!

This is when I decided to be a tennis coach. I passed the Tennis Assistance course and immediately worked at Cassiobury Tennis Club assisting Steve and Anthony (your coach Avani) with their squads. I soon wanted to run my own squads and do individual lessons so I qualified as an LTA Club Coach (level 3) in 2004.

***What is your favourite part about being a tennis coach?***

My favourite part of being a tennis coach is seeing the joy playing tennis brings to my pupils and the friendships they forge on the tennis courts,



whatever their standard or age. Everyday is different.

***What is your favourite tennis event of the year and why, at CTC?***

The Paul Elderfield Little 'n' Large Family Tournament, the one you and your dad take part in, Avani. This annual event is in memory of Paul Elderfield, a young tennis coach who worked at Cassiobury Tennis Club over 21 years ago who sadly died of cancer at the very young age of 20. Every year I run this fun tournament (and it is fun!) in his name to raise money for Macmillan and Mount Veron's Lynda Jackson Centre. This year we raised over £800.

***Which tennis grand slam is your favourite?***

My favourite Grand Slam is Wimbledon and I'm very lucky to be able to attend every year.

***Have you met any famous tennis players?***

I have met a few famous tennis players, I would love to meet a lot more. I met Lleyton Hewitt, Caroline Wozniacki and Elena Baltacha at a Yonex barbecue one middle Sunday during Wimbledon. And I've met a few British players at coaching courses - Annabel Croft, Alfie Hewett and Leon Smith. And I've been on some 'She Rallies' courses that Andy Murray's mum Judy Murray has run.

***Who are your favourite male and female tennis players?***

My favourite players are Roger Federer and Iga Swiatek.

***What is the best tennis match you have ever watched?***

Wow, that's a tricky question as I've seen a lot of live matches at Wimbledon over the years, but I think the best was watching Andy Murray win his 1st Wimbledon title in 2013 against Novak Djokovic: the atmosphere was amazing. My son and I had watched him lose to Roger Federer the year before, so we were very lucky to be attending another Wimbledon Final and this time see Andy win. Fantastic.

***Have you been to a grand slam final? If so, was it an epic?***

There are two Wimbledon finals I wished I had seen live: this year between Carlos Alcaraz & Novak Djokovic, and the 2008 Final between Roger Federer and Rafa Nadal.

***What is your favourite tennis playing surface and why?***

My favourite playing surface is artificial grass (Cassiobury Tennis Club has 3 courts laid with this). It plays similar to grass but without the maintenance and is playable all year round.

***Name three things you love about coaching tennis.***

The variety of my day, a typical day can see me coaching a group of ladies at 9.15am; an individual at 11am; Tot's Tennis at 2pm; Mini Red squad at 4pm, followed by a few more hours of individuals. The age and abilities of my pupils range from 3 year olds to over 80 year olds, all looking to improve their skills. The enjoyment I get from helping others develop their game, the freedom of working when I wish to work, and to have a job I love doing, is amazing.

***What is your favourite thing to do when not playing or coaching?***

Working 6 days a week doesn't leave much time to do my favourite thing/s but I do like cycling, cooking, painting (when I have time I go to art classes), seeing my friends and family, and going on holiday to Lanzarote.

***What would you say to anyone who wants to improve their game?***

Go for it, join a Club, get lessons whether individually or in a group, play with friends and have fun. Improvement will follow and it's a sport for life.

***QUICK FIRE ROUND***

***Venus Williams or Serena Williams?*** Serena

***Rafa Nadal or Roger Federer?*** Roger Federer

***Novak Djokovic or Carlos Alcaraz?*** Carlos Alcaraz

***Indoor or outdoor?*** Outdoor

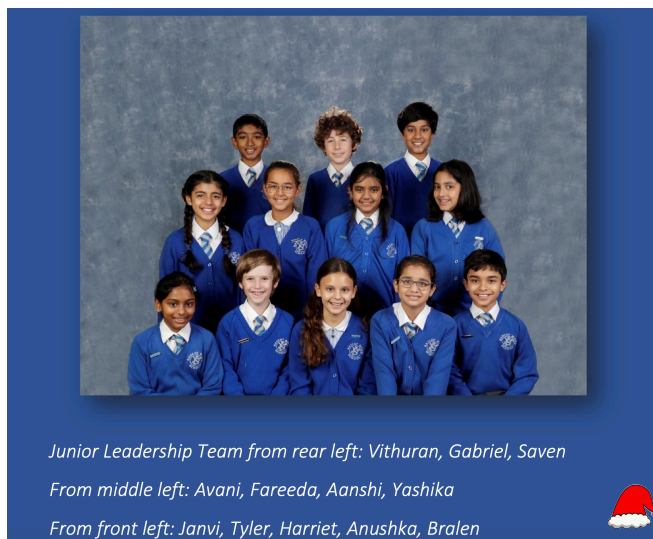
We would like to thank Angie for taking time to answer our questions.

If you would like to find out more about tennis lessons at Cassiobury Tennis Club, their website is:

<http://cassioburytennis.com/>



## Meet the New Junior Leadership Team



### ***Head Boy: Saven***

Saven likes cricket, he also likes football, swimming and coding. He is fast and enjoys making supercars out of Lego.

### ***Head Girl: Fareeda***

Fareeda is passionate about playing piano and has passed Grade 3. She really likes doing artistic things.

### ***Deputy Head Boy: Vithuran***

Vithuran enjoys attending clubs, which include swimming, online chess club and Carnatic (Indian classical music). In his spare time he enjoys reading and drawing.

### ***Deputy Head Girl: Avani***

Avani loves playing football and tennis, as well as swimming and reading murder mystery novels.

### ***Prefects:***

- ***Aanshi*** loves cooking, drawing, playing and reading.
- ***Anushka*** likes drawing, crochet, piano and writing in her diary as well as experimenting.
- ***Bralen*** likes Maths, Science, Computing; he is also curious about the environment.
- ***Gabriel*** likes Science, Maths and P.E; he also loves to take care of the environment.
- ***Harriet's*** favourite subjects are English, Art, and Gymnastics. She likes taking care of her many pets.
- ***Janvi*** likes cycling, baking, Art, Maths and finally she likes to be adventurous.
- ***Tyler*** likes to play video games, football and draw.
- ***Yashika*** plays football, reads books and cycles. She is also adventurous!

## The Year 6 Hockey Competition



### By Avani Amlani

A group of year 6 pupils took part in the Hertfordshire Hockey Competition.

Being chosen for the NWJS year 6 hockey team was very exciting as only ten children were chosen from across the entire year group. The team included Kiara, Yasmina, Nathan, Joseph, Yaqub F, Saven, Leon, Riley, Yashika and I, and we all fully enjoyed ourselves. For the first round, we played at Queens school on their astro pitches with some of the students watching us! I was chosen to start for the first game and that was nerve-racking, but very exciting at the same time. We managed to get through to the semi-final which was challenging, but we still managed to grab a win. The final was tough but we won! Overall, we won all of our games, except 1 which we drew.

When they said that Nascot Wood had won I was thrilled as we had worked really hard. It was a good effort and I think we all did Nascot Wood Junior School proud with our hard work and dedication.

## Art Work

Thank you to Srinidhi for sending this great drawing of a bird's nest.



The portrait of Birds, nature

# Art Work



And also a huge thank you to Aanshi for sending us these drawings.



# Art Work



## *A message from Amelia and Jamie*

Hello to everyone at Nascot Wood Junior School!

It's Amelia and Jamie here. We hope you are all well and had a lovely summer break (though it now seems like a very distant memory). We hope you have settled well into your new term at NWJS and are enjoying being in your new classes. We miss NWJS dearly and so thought we would write a message and let you all know how we have been getting on.

We have both now completed our first term at secondary school (St Clement Danes School and Watford Grammar School for Boys) and though the first term was filled with mixed feeling, we have both had an excellent start to our new educational journey. It was a bit unnerving leaving behind the familiar comfort of NWJS and stepping into the bigger world, but our new chapter has been filled with lots of new adventures and opportunities.



We were both enthusiastic (but maybe a little nervous too) about starting at our new schools and the journey so far has been exciting, and we have made lots of new friends. On our first day, we were very eager and couldn't wait to put on our new school uniforms ready for a new adventure (although having to wear a blazer is taking some getting used to)! We both remember the schools being huge, and it was daunting moving from class to class, whilst having to navigate past hundreds of children with a big rucksack on our backs (often carrying our P.E kits as well). This also took some getting use too. Though only a few weeks have passed, it already feels normal and as though we have been at our respective schools for ages.

We have been very fortunate and have already learnt so many new things in secondary school and every day we come home with something new to report. In Science, we have completed some fascinating experiments including using Bunsen Burners and Newton Metres, whilst in history we are revisiting 1066 The Battle of Hastings and making Saxons shields. The teachers have been great and are all very approachable, helpful and encouraging and our new friends are supportive and understanding as we are all in the same boat.

We have both joined a variety of clubs including running club, athletics, rugby, choir, STEM club and so many more. Not only has this given us the opportunity to take part in the things we love but also try new things as well as mixing with children outside our forms who share our similar interests. Though the transition to secondary school has been a big step for us, it has also been an exciting time full of opportunities and new prospects which have allowed us to grow and discover ourselves.

We know that everyone has been busy at NWJS this last term and we are looking forward to reading all about it in this edition. Thank you to Fareeda and Avani for continuing with The Nascot News and for also including our message too. You never know, we may be back with another message before the end of the academic year!

We are missing Nascot Wood Junior School and can't wait to see everyone again soon.

We hope you have a lovely Christmas break and we both wish you and your families a very Happy Christmas and best wishes for 2024!

Amelia and Jamie, Co-founders and former co-editors of the Nascot News.



## Year 4 School trip to Bhaktivedanta Manor Hare Krishna Mandir

By Tiaana Chotalia - Year 4 - Juniper Class

On Thursday the 19th of October, Year 4 (Juniper and Oak class) went on a school trip to Bhaktivedanta Manor Hare Krishna Temple. We travelled from school by coach, and everyone was very excited. When we arrived and went inside the Manor, we were welcomed by some very nice ladies who worked there. Juniper and Oak class were split into three groups of ten and each group had some teachers/parents to help us.

The Manor is so big, and we had the chance to go around and see quite a bit of it throughout the day. Here is an interesting fact, did you know the 17 acres of land was owned by George Harrison, who was part of the famous Beatles group? He donated the land in 1973 and went back to visit on many occasions.



Our first stop was to the greenhouse where we saw lots of plants. They told us an interesting fact which was that when the plants die, they use the bark and carve it to make a mala which is an Indian prayer bead. Inside the greenhouse, there was even a little shrine with the God Lakshmi inside.

Our group then moved on to the ox-cart ride to see some animals. It was a fun ride, and it took us to see the cows and oxen; we even got to feed them. We all enjoyed feeding the animals some carrots and they were really hungry. We also saw some calves (baby ox). After that, the cart took us back to the temple.

After arriving back at the temple, we walked over to George Harrison's garden. The garden had lots of trees. We were set a challenge to try and find one of his lyrics which was carved onto the trees and try and remember it. I thought the garden was lovely and peaceful.

We went back inside the temple where we had fun dressing up in traditional Indian clothes. I had fun dressing up in a sari which was red, white and gold with a flower design. Everyone looked really nice, and our teachers took lots of photos. We then went to the main temple still dressed up in our Indian clothes. We saw a priest singing some prayers and doing a puja with an Aarti. We all sat on the floor right at the front, so we were able to see everything really well. It was nice to be inside the temple and see all the different statues of the Gods. We learnt that each God has 200 different sets of clothes each and the priests will change the clothes every day.

After a very busy few hours we went for lunch. We all sat on the floor and the helpers came round with food. There was so much to eat including puri, paneer with peas, rice, papadums and chips. It was delicious and everyone enjoyed it.



After lunch we had the chance to have face paint; we could choose from fire, lightning and flower designs. I chose the fire design, which used red, orange and yellow face paint. It looked amazing.

After a fun packed day, it was time to go back to school, the coach was already waiting for us. My class friends and I had so much fun. I am looking forward to going again soon with my family.

Finally, I would like to thank everyone at the Bhaktivedanta Manor for letting us come and have a great day. Also, thank you to Mrs Thompson and Mrs Ahmed for organising the trip and to all the staff and parent helpers for looking after us.



# My Last Day on Earth

By Rayan Dutta - Year 4 Juniper Class

I woke up from my sleep. I realised that it was my last day on Earth! Everybody would want to fulfil their dreams on the last day of Earth. So I made a plan on what I wanted to do.



Firstly, I decided to visit Paris so I booked a flight there and it took me about two hours to reach. At first, I went to the Eiffel Tower and had some snacks. After that, there were lots of performances happening and I asked if I could perform my singing and guitar piece for a couple of minutes. I made some new friends there and spent some time with them.



Then I went to my hotel room with my friends and played video games and football with them. We pranked each other and watched horror movies. When it was lunchtime, I had the most delicious food in the world and it looked like the best chef had made it only for me.



Finally, it was time for me to have a sleepover with my friends. I chatted and played board games for the rest of the day. It was night time so I had my dinner and went upstairs to sleep.



Suddenly, I heard an alarm ringing. It was 8 o'clock in the morning. "Oh! I am late and I need to get ready for school." I had the craziest dream.



## Maple Club at Nascot Wood:

Whether you need to go to a before school club or an after school club, don't worry, because Nascot Wood Junior School has it in the bag. With colouring, Lego, art and craft, foosball and more for weary mornings and playtime, excitement and fun for the afternoons, Maple Club is just the place for you. Socialising and making new friends from all years, it is the perfect way to open the doors to a wider range of cultures and traditions. With supporting teachers to guide you, you can have fun and enjoy the school atmosphere. Maple Club is held in Maple classroom opposite Holly Class, so when you come in the morning, just ring the bell and someone will come and open the gate.

Maple Club is an awesome place for children to go as it is fun and interactive. Many people go and do art, reading and play board games with their friends. Personally, my experience with Maple Club, in the many times I have been there, has been top notch, and I come into the classroom when the whistle is blown, full of energy and readiness to learn. The two amazing teachers are called Mrs Horwood and Mrs Lilani, who are so supportive! With a pool table to master the game and lego to broaden your imagination, Maple Club is the dream place to learn. A bookcase stacked to the top is open to everyone. Colouring sheets and cardboard boxes are there for your access. It is £5 for breakfast club and an extra £1 if you want breakfast: toast and cereal on offer. Then, for after school club, it's £10 and an extra £2 for food.

But why should you go to Maple Club? When both your parents or guardians are at work, you're probably not going to be allowed to wait at home and go to school by yourself when the gate opens. That's why Maple Club is such a convenient option for parents. They can just drop you off outside the gates and then continue on their journey to work, and it's extremely fun. Fareeda, who still goes, says it's one of the best experiences ever. Why wouldn't it be?

We asked some Maple Club members to tell us three words from their experience and here are their answers. Can you see which word was the most common?



This is how you know that Maple Club is the place for YOU! This is only a quarter of everyone who actually goes.



Maple Bear is the mascot, crocheted by Mrs Horwood. You can take him home for a week or two if you come to Maple Club regularly. Maple comes with a backpack full of books and stationery and an extra bag with his superhero cape, ear muffs and an Egyptian coat. A pink collar (made by Fareeda) is attached to Maple bear.

**By Fareeda Bahaa El Din**

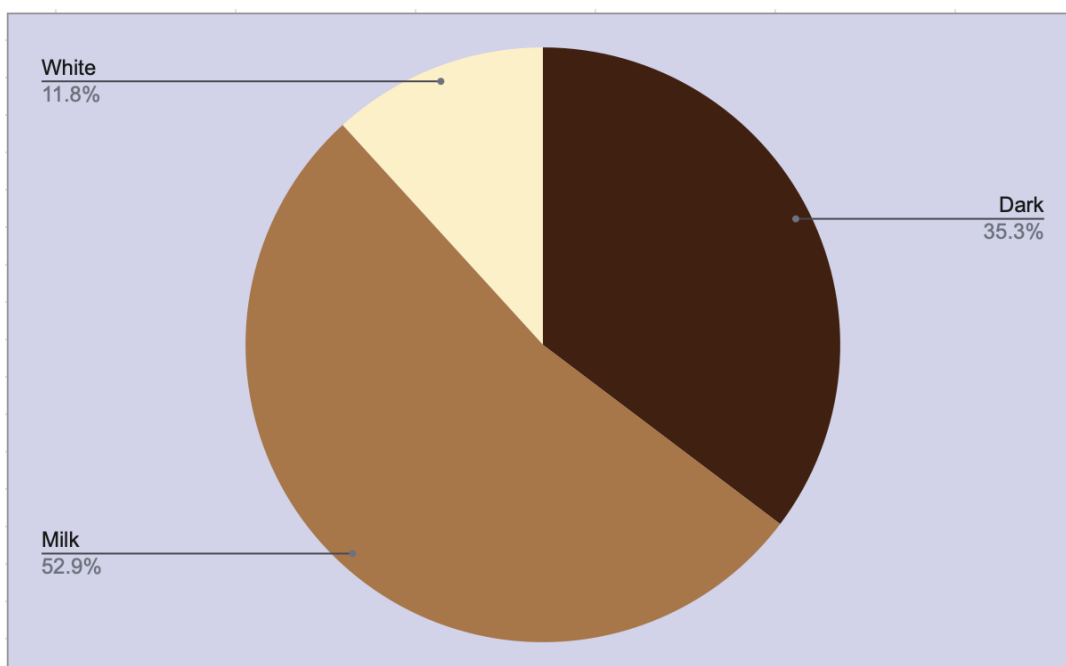
## Introducing “This or That?”

Every edition, we will ask the staff to choose “This or That”, because we think it’s a great way to find out more about our lovely teachers, staff and helpers.



This term, just in time for Christmas, we asked staff which chocolate they preferred. The results were quite surprising!

While most of the staff prefer milk chocolate (over half!), 3 times as many prefer dark chocolate to white chocolate.



# Christmas raspberry dodgers

From BBC Good Food.

You can find the recipe at:


<https://www.bbcgoodfood.com/recipes/christmas-raspberry-dodgers>



## Ingredients

- 1 batch of universal dough (see below)
- plain flour, to dust
- 100g seedless raspberry jam
- icing sugar, to dust

## Method

- **STEP 1:** Make the dough and chill for 15 mins. Heat the oven to 200C/180C fan/gas 6 and line two large baking sheets with baking parchment. Dust a clean work surface with flour and roll out the dough to the thickness of a pound coin. Stamp out the biscuits using a fluted 6cm cutter. Using a 1-2cm star or Christmas tree cutter, cut out the middles of half of the biscuits. Re-roll any offcuts and repeat the process. Put the cut biscuits on the baking tray. 
- **STEP 2:** Bake for 8-10 mins, until the edges are golden. Leave to cool on the tray for 5 mins before transferring to a wire rack to cool completely. Fill a piping bag with the raspberry jam, then pipe a small round, the size of a pound coin, into the middle of each whole biscuit. Dust the biscuits that have the holes cut out with icing sugar, put on top of the biscuits spread with jam and press together lightly to stick. *Will keep in an airtight container for three days.*