

JUNIOR SCHOOL FOUNDERS' DAY

MRS LAYBOURN'S SPEECH

Good morning ladies and gentleman and most importantly you wonderful young people in the room. It is an absolute pleasure to be standing here one year on from our first ever Junior School Founders' Day service. I am sure, you sit in amazement or maybe even in some disbelief that another academic year has passed and that your daughters are about to embark on the next stage of their educational journey. Time simply flies when you are having fun!

I took my inspiration for today's speech from recent speakers we have been most fortunate to have listened to in school, a blog written by our speaker for this afternoon's Senior School Founders' Day service and also messages from your daughters who so often inspire us all on a daily basis.

Of the many guest speakers we have hosted Lizzy Yarnold was undoubtedly the most inspirational young woman I have ever listened to. A normal young lady who had a dream to be an Olympian. The realisation that, at 18, her performance as an athlete was not going to bring this success, Lizzy embarked on the Go for Gold scheme, a programme designed to find upcoming athletes. This would provide her with the best chance of achieving her dream. The journey that Lizzy described to us all was quite honestly nail-bitingly challenging. What was even more incredible was the fact that she had no idea what sport she was to be allocated to until she became one of the final ten successful athletes on the programme. At which point she was handed a Skeleton sled and told off you go!

Beth French joins us this afternoon so I will not share too much of her journey as some of you will hear it later. Beth's story comes with a completely different set of challenges and experiences but it was the following piece I wanted to share with you all;

"I now find myself drawn more than ever to share my experiences- the sense of empowerment in overcoming and ultimately learning to rise above challenges is a habit that seems impossible the first time: insurmountable odds are just a few more steps than you think you can take. So far my life has taught me that unless you take as many steps as you think you can, how are you ever going to learn that it really is only a tantalizing few more to get where you want to go?"

Human endeavour is miraculous. Pioneering spirit is within all of us: our own lives are there to be explored and this incredible planet we live on is an absolute gift to be cherished and learned from. It's our right to learn about ourselves and our responsibility to do what we can with what we learn. In a nutshell, it's all about exploring the art of possibility to fulfil your potential."

Both Lizzy and Beth have undertaken quite incredible Journey's yet they are just normal, happy human beings.

As I reflect on my year as Head and asked myself if I could describe it in one word, what word would I use! I decided that it would have to be "Adventure".

No two days are ever the same; excitement, happiness, achievements and success but also sadness, challenge and, of course the occasional unknown curved balls that fly in to catch you out when you least expect them. It has been a year of complete pleasure yet pure adventure.

So Lizzy Yarnold, Beth French, myself and now to the girls: I wonder what their view on adventure is:

Reception said;

- School is an adventure because we have to build monster traps.
- Playing around on the equipment is an adventure- It's all about playing and not fussing, because it's about having fun.
- There are no boys! Everyone makes a fuss about boys, but they're just noisy and they don't share!
- Being whatever we want to be.

Yr 1's adventure has been;

- Eating fruit kebabs and having story time in the Secret Garden
- The school trip to Woods Mill
- The French Day picnic

Yr 2 sense of adventure was;

- Knockhatch because we went on the Quadapillar
- meeting Lizzy Yarnold because it made me think everything is possible
- I have felt adventurous reading 'The Creakers'. It made me feel like I was in Lucy's room

Yr 3 said

- So if you had to trek through jungles seas and crack codes and be able to unlock a vault; that is quite an adventure.
- Would an adventure be at school where we try to do something and we cannot do it and we try again, then we try other ways and that's an adventure.

We think an adventure is doing something even when you are scared but believing it will be alright in the end. And then you feel really good.

Yr 4

- I would define adventure as exciting and thrilling such as going into the woods and finding some pretty stones. The most adventurous moment I have had is when we made clothes out of the bin bags on Moving up Day.

- Adventure means to me going outdoors. The adventurous moment was at Juniper Hall when we found a hidden den which the teachers didn't enter.

Yr 5 told me that;

- Swattenden it was scary because you had to do challenges and I don't like heights, but I did it!
- Doing my dance in front of everyone which was scary, but I felt good when I had done it.

And lastly but by no means leastly Yr 6 said

- Doing the high jump in front of such a big crowd and then achieving my potential and reaching my limits.
- Making new friends on my own was scary but really great in the end because it raised my confidence and extended my friendship group.
- Going through the worm hole at Osmington Bay because I am claustrophobic and so it was really scary to me, especially when I got my knee stuck. I would do it again because it feels great to conquer your fears and go for it!
- High jump on sports day. It was adventurous because I was trying something I find so hard and normally I stick to what I know I can do well. But when there was not a second person for Burns house I stepped up to support my house. I was so proud that I did it for myself and my house
- The Christmas show because I was so nervous and I pulled the wig down over my head so that I couldn't see the audience and it might do it again.

Of all the wonderful adventures you have shared my most favourite message of all was;

“Would it be that an adventure starts when you are born and ends when you die – the adventure is the bits in the middle.” From one of our Year 3 girls

Adventure is all about taking each experience, regardless of whether you know the outcome or not and facing it head on. It is about seeing the world from a different perspective, even if you've seen it a million times before. It is choosing to see the beauty from the ordinary and finding ways on how to do it differently.

My point is that every day should be treated as an adventure. Whether you are hiking up a mountain, learning a new skill, or chasing your friends in the playground choose to look every day with a sense of marvel and excitement. So to those that say adventure is only for those that hike through caves and trek through jungles, hear this. Adventure is a choice.

Your education at Burgess Hill Girls is a continuous journey filled with adventure. What makes it so special is each of you and the many enjoyable and challenging moments that are put to you every day by your supportive teachers, parents and the community around you.

If I were to create the cauldron of adventure for Burgess Hill Girls my recipe would include:

Your parents

Your teachers

Your friends and of course you

A sense of Curiosity

A sense of excitement

A sense of challenge

A sense of individuality

I'd then mix it up with a bucket load of

Spark

Happiness

Kindness

Trust

And Friendship

To make the very talented and special individuals you are today and will continue to be tomorrow.

Girls. When you leave the marquee you will be handed an envelope. In your envelope is a note book for each of you. It has the BHG B on it of course to show who we are. Inside the book are two quote;

"The Greatest adventure is what lies ahead" Anna Faustino

"Be the very best of yourself" Dame Sarah Storey

As Beth French said – it doesn't matter how big the steps are as long as you keep taking them – enjoy every adventure that comes your way whether it is guided, encouraged or self-driven. Keep your book on your bedside table and each night write the date, try to reflect on what has been your daily adventure and more importantly how it has and continues to allow you to be the very best version of yourself.

MRS CAVANAGH'S SPEECH

THE ANIMAL SCHOOL - A FABLE

Once upon a time the animals decided they must do something heroic to meet the problems of a "new world" so they organized a school. They had adopted an activity curriculum consisting of running, climbing, swimming, and flying. To make it easier to administer the curriculum, all the animals took all the subjects.

The duck was excellent in swimming. In fact, better than his instructor. But he made only passing grades in flying and was very poor in running. Since he was slow in running, he had to stay after school and also drop swimming in order to practice running. This was kept up until his webbed feet were badly worn and he was only average in swimming. But average was acceptable in school so nobody worried about that, except the duck.

The rabbit started at the top of the class in running but had a nervous breakdown because of so much extra work in swimming.

The squirrel was excellent in climbing until he developed frustration in the flying class where his teacher made him start from the ground up instead of the treetop down. He also developed leg cramps from overexertion and then got a C in climbing and D in running.

The eagle was a problem child and was disciplined severely. In the climbing class, he beat all the others to the top of the tree but insisted on using his own way to get there.

At the end of the year, a slightly abnormal eel that could swim exceedingly well and also run, climb, and fly a little had the highest average grades and was deemed to be the most successful.

The prairie dogs stayed out of school because the school would not add digging and burrowing to the curriculum.

The moral of the story - the importance of valuing the differences displayed in every exceptionally unique individual.

Reflecting on the fable imagine if Lizzy Yarnold had been judged on her ability to do gymnastics. She would have forever felt a failure. Instead her talent was recognised and she was inspired and encouraged by others who focused on her strengths rather than her weaknesses.

She was determined to follow her own quest and be an Olympian. To do this she undoubtedly required a sense of adventure. Her recipe of success included all the ingredients Mrs Laybourn has mentioned; support from parents, teachers and friends. A sense of Curiosity, excitement, challenge and individuality and finally a bucket load of Spark, Happiness, Kindness, Trust and Friendship.

At Burgess Hill Girls we are proud say we value every girl for their **exceptional** uniqueness. We will continue to celebrate with you the whole child and will continue to delight in the many and varied achievements of the individual. All we ask of you girls is that you continue to love life, exude **passion, direction and focus** and maintain a desire for adventure. As Beth French said – it doesn't matter how big the steps are as long as you keep taking them.

On Friday our Head Prefect delivered her farewell speech to the Junior School. Her words were incredibly insightful for someone so young.

HEAD PREFECT - AMELIA GANESALINGAM'S SPEECH

I started off a little quiet and shy, wanting to blend in and be like everybody else. Today I truly believe, strength lies in our differences. Our unique differences and individuality is what make us special. And trust me, you will get noticed and you will be rewarded for being the person you are and doing the best that you can.

Don't be afraid of failure, your parents and teachers would be proud of you for trying. Your friends will admire you and cheer you on.

Burgess Hill Girls Junior school has given us so many different opportunities, experiences and built our confidence every step of the way. People often ask me if I am anxious or nervous about moving on to senior school. The answer is I am excited and I can't wait. Thanks to all our brilliant teachers who come each day with the hope of making a positive impact in our lives. Thank you for all your support, you have made our life in junior school enjoyable and unforgettable.

A special thank you to Mrs Playford who makes music lessons fun and I must say music and drama has always been my favourite subject. Thank you to our PE teachers who have motivated and encouraged us.

Thank you parents as well, you have pushed buggies, practised phonics, checked homework and raced against the clock to be here or there on time — but your job is going to carry on.

Last but not least, Mrs Cavanagh who has made such an amazing impact in our lives, motivating and giving us a little push and help, to believe in ourselves, to have a positive mental attitude, to achieve things which we sometimes thought we couldn't.

It is time for us to move on to senior school. Remember that every one of us is a star of our own. If we pay attention to others and extend a helping hand to those who need our help we will be a star in someone else's life.

Be the best person you can be. I wish you all the very best.

Thank you.