

**Introducing...**

**Bethan**

**Henlow Academy  
Alumni**



**HONESTY**

**ENTHUSIASM**

**NURTURE**

**LOVE**

**ORIGINALITY**

**WISDOM**

## **What have you been up to since you left Henlow Academy?**

**After leaving Henlow I got a place at Hills Rd Sixth Form College in Cambridge, where I have been studying A-Level PE, Biology and Psychology. I have just sat my A-Level exams where I've been predicted to get A\* A A! I recently got my EPQ results back and received a grade A. I also just got my final PE coursework back and was awarded full marks!**

**I have also been sports captain for the past year for the dance and cheer team.**

## What other things have you been up to outside of college?

I have been a lead dance competition coach and choreographer at a dance academy - choreographing some nationally award winning solos and duets for the junior competition team at the Dance academy. I have been invited back to teach some dance workshops too.

I've also been keeping up with my own dance training!

## **We've heard you have an exciting summer planned?**

**Yes! I will be working for 8 weeks in New York at one of the biggest summer camps in the US - Chipinaw and Silverlake - working as a general counsellor for the 10-12 year olds, but also helping out with the dance and gymnastics. I'm also hoping to go travelling for a week or two afterwards - touchdown in LA hopefully to take part in some dance classes while I am there with some of my favourite choreographers!**

## **What's next for you in September?**

**So I am going on to study sport and exercise science at University, currently about to make literally the biggest decision of my life...**

**I got 5/5 offers from my chosen universities**

**(Loughborough, Bath, Durham, Edinburgh and Newcastle)**

**I have confirmed Loughborough as my top choice university in the UK (it being the number 1 sport university in the world!)**

**However, I also have the opportunity to study Movement Applied Exercise Science at University of Michigan School of Kinesiology - being the top sports science institution in the US! Both would be a dream, so I still have a big decision to make!**

## **Casting your mind back to your time at Henlow, what was your favourite thing about Henlow Academy?**

**How close knit everyone was, I think going from a year group of just under 150, to a year group of nearly 2000 gave me a reality check of how lucky I was to get so much 1-1 support and advice from teachers! I got to know all my teachers so so well, and they all knew me quite well, and I got the encouragement and motivation to work really hard. I was given so many opportunities to thrive such as being sports captain, all the sport competition opportunities, coaching and helping out with some of the lunchtime clubs (especially gymnastics and trampolining). I was honoured that I was trusted with no many responsibilities.**

**I grew up at Henlow, I joined when I was 9 years old and left when I was 16, so it really shaped me into the independent person I am now.**

**Staying on at Henlow was definitely the best decision for me, I think i matured much quicker, it helped me knuckle down and gain the strong work ethic that I now carry around with me now!**

# What did you find particularly helpful that Henlow offered when doing your GCSE's?

- Lunch time revision/support sessions
- Easter school
- All the extra resources handed out by teachers
- The morning sessions right before exams
- All my teachers were always happy to help whenever I had any questions, giving up time to go over any worries I had, even if it was just emotional support during exam season