

6th December 2013

Dear Parents,

'The Ruby Red Slippers'



After three full houses and a dress rehearsal for the Junior classes, the girls in Nursery, Reception, Years 1 and 2 certainly deserve a rest this weekend. Their performances in 'The Ruby Red Slippers' were outstanding with stupendous singing, delightful dancing, colourful characterisation and amazing acting. The audiences were wonderfully entertained for over an hour, blown about by a tornado and taken via the yellow brick road to Oz and back. We are all so proud of each and every one of our girls and were delighted that Mrs Ashill was able to attend the last performance. She said that she wouldn't have missed it for the world and now feels well on the way to recovery. Millennium Centre - here we come!

Nursery

It's Showtime! This week we have been transported to the magical land of Oz with the Nursery girls delighting audiences with their rendition of '*Down in Oz Where Nobody Sees*' and their poem '*Flying Monkeys from the Emerald City*'. I continue to be amazed at how poised and confident they were on stage, soaking up the experience and opportunity which they all firmly grasped with both hands. I am so proud of them all. It's now time for 30 cheeky flying monkeys to hang up their dancing shoes and to have a restful weekend because next week it is full steam ahead with lots of exciting Christmas activities including a visit to Cardiff Castle to see Father Christmas.

This week we also say au revoir to Mrs Treharne who has been a wonderful, caring teacher to all the girls. At 3 when you start school for the first time you need to feel you are in place where you belong and are valued and cared for and she has given all our little girls the security to feel part of their new environment which has helped them to settle. The '*Howell's Nursery Bake-off*' each week is led by her and this is one of the girls favourite activities. They have gained so much from their cookery sessions involving lots of scientific and mathematical concepts and more importantly lots of fun. On behalf of all of us I would like to wish her lots of love, luck and happiness in her new role.

Mrs Scott

Cardiff X-Country Championships

On Tuesday, twenty six girls from Years 5 and 6 took part in the final of the Cardiff Schools' X-Country Championships, held in Leckwith. Teams from schools from Vale of Glamorgan, Gwent and Merthyr, in addition to heat-winning Cardiff schools, took part in this event. Fiona B, Jo-Jo B, Ffion R, Georgie S, Ella K, Alicia L, Sophie S and Imogen T represented Howell's in the Championship races. Fiona B won the Year 5 race with an outstanding performance. Georgie S, Ffion R and Jojo B finished strongly as well, ensuring that our Year 5 team finished as Cardiff County Champions and Inter-Counties Runners-up. Our Year 6 squad also ran extremely well with all four runners finishing in the top thirty but just missing out on a podium place! A further eighteen girls took part in the festive fun-run that followed the Championship races. Well done to all who took part, with a special mention for Lily R who looked spectacular running in her Christmas fairy costume!

South Wales Hockey League

Last Sunday, our Year 4 hockey squads took part in the second meeting of the South Wales Mixed U9 Hockey League, this time in Swansea. The girls played four matches each, representing 4S and 4J respectively. Both teams are now playing with more confidence, better positioning and space awareness. Whilst results did not quite match up to those of the previous round of matches, (played 8, drew 2, won 1, lost 5), the girls should all be proud of the progress they are making. Well done to them all and many thanks for the fantastic parental support at these fixtures!

Mrs Baker

Year 5 and 6 Hockey Fixture with Llandaff Cathedral School

On Wednesday, our Year 5 and 6 squads played hockey matches with Llandaff Cathedral School, at Sophia Gardens. Two matches were played and closely contested in each age group, with results as follows:

Howell's 6A drew with LCS 6A 0-0

Howell's 6B lost to LCS 6A/B 1-2

Howell's 5A lost to LCS 5A 0-2

Howell's 5B defeated LCS 5B 1-0

All four games were played with a great spirit. Well done to all who took part!

Book for Mrs Taylor

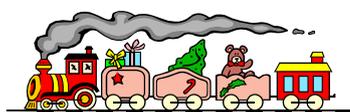


If any parents would like write a message to Mrs Taylor to mark her retirement from Howell's, the book will be in Tŷ Hapus foyer from Monday until the end of term.

Extra-Curricular Clubs

German Club has now finished for the term.

Reception Visit to Brecon Mountain Railway



The Reception class visited Santa on the Brecon Mountain Railway today. The weather was suitably seasonal but we kept ourselves warm by singing at the tops of our voices on the steam train all the way to his grotto. The girls told Santa that they had all been very good and were looking forward to his visit on Christmas Eve. They received a lovely present as a souvenir of their memorable trip before heading back home through the Brecon Beacons.

Cyw Christmas Show

The girls from Nursery to Year 3 watched an S4C production of 'Merry Christmas Cyw' yesterday. They all thoroughly enjoyed the show and it was a well-deserved treat after such a busy term!

Christmas 'Rock Around the Bandstand!'



During the last week of term a number of the Junior School music ensembles will be playing music in the bandstand from 3pm to 3.25pm. The groups will play on the following days:

Monday 16th December - Junior School Orchestra and String Machine
Thursday 19th December - Junior Brass and Junior Rock

Pitch In Update

- **Glamour and Glitz at John Lewis**

On Tuesday 3rd December we were delighted that more than 240 students, parents, staff, alumni, Governors and Friends joined us for the *Evening of Glitz and Glamour at John Lewis*. It really was a wonderful evening. [Click here](#) to read more about the evening.

- **Thank You**

We are enormously grateful to the Hywelian Guild for so generously donating £1,000 to [Pitch In](#). We are extremely grateful to everyone who has supported and continues to support the campaign.

- **Keep Pitching In**

Do keep [Pitching In](#), all ideas are gratefully received! If you would like to advertise your business to the Howell's Community you can do so by registering and logging in to [Jumblebee](#). We want to make it as easy as possible and Hannah Roberts would be delighted to upload the advertisement on your behalf so do contact her. Hannah can be contacted on 02920 261825 or at hannah.roberts@how.gdst.net.

- **'Cocktails @ Christmas' for Hywelians**

On Monday 16th December from 6.00pm – 8.00pm we are holding our first *'Cocktails @ Christmas'* event for Hywelians in the Great Hall. If you are a Hywelian and would like to join us please contact Hannah Roberts on 02920 261825 or at hannah.roberts@how.gdst.net.

I hope you have a lovely weekend,

Barbara Ludlam (Mrs)
Deputy Head of Junior School



Xmas Fun!

Book your child a Christmas Xperience!

From £16 per day!

Are you mad about Sport?
Come try our



Our **Sport Xperience** course is fantastic for any sports-mad child but also ideal as a perfect introduction for children to enjoy sport for the first time. Our experienced coaches deliver a professionally organised day in a safe and structured environment so all children have a great experience with plenty of fun!
5 to 12 years

Want to be a Secret Agent?

Come try our



If you think you have what it takes to be a Spy, join us for the **Spy Xperience**. You and your team of spies will learn how to infiltrate enemy lines and how to gain access to secret documents that will help you to complete your daily mission. Training may include the laser maze, code breaking and gadget making.
5 to 12 years



The Future of Football

Learn football the way Messi, Ronaldo and many more of the World's top players do. Come and join the team for the **@futsal Xperience** and learn new skills in a fun environment as well as play the only small sided football game endorsed by The FA.
Courses for children aged 5 to 12 years

Have you ever wanted to learn
how to execute a perfect high kick?



If the answer is yes, then the **Martial Arts Xperience** is for you! Our trained instructors will teach you some basic moves including how to kick, punch and block. Martial Arts is a fantastic way to improve fitness, suppleness and co-ordination as well as being great fun and instilling values such as discipline, self-confidence and respect.
5 to 12 years



Safe & fun activities for
children aged 5-12
over the Christmas Holidays

Venues running:
- Cathedral School, Llandaff
- Powerleague, Whitchurch
- The Vale Resort, Hensol



Times: All activities run from 8.00am-5.00pm **.
Book your courses at www.sports-xtra.com or 08453 716121



Timetable...

Book by Fri 13th December for
a **10% discount**
(3 or more days only)

Book Now for your 10% Discount
3 days = **SXCF103DAY** 5 days = **SXCF105DAY**

VENUE	DATE	ACTIVITY	PRICE PER CHILD	ONLINE DISCOUNT CODE	WEBSITE REF NUMBER
The Vale Resort, Hensol, Vale of Glam, CF72 8JY	23rd/24th Dec & 2nd/3rd Jan	Spy Xperience	£22 per day	3 DAYS - SXCF3DAY	771257187937
		Sport Xperience	£55 for 3 days	5 DAYS - SXCF5DAY	77437187936
Cathedral School, Llandaff, Cardiff, CF5 2YH	23rd Dec (8am -4pm)	Martial Arts Xperience	£89 for 5 days		771337417941
		Sport Xperience			77437417940
	2nd/3rd Jan (8am -5pm)	Spy Xperience			771257417943
		Sport Xperience			77437417942
Powerleague, Manor Way, Whitchurch, Cardiff CF14 1RF	23rd Dec & 2nd/3rd Jan	Futsal (Football) Xperience			772367177939



How to Book

T: 08453 716121

W: www.sports-xtra.com

E: alex.lock@sports-xtra.com

Time: All activities run from 8.00am to 5.00pm except Cathedral School 23rd Dec will finish at 4.00pm Remember to use the discount codes when booking online.

To ensure the young people get the best possible care we place them in age specific groups. All children will need a packed lunch, plenty of water to drink, trainers and suitable clothing.

Howell's Junior School Menu 2013 – 2014

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>Jacket potato served with a choice of cheese, baked beans, tuna mayonnaise or ham</p> <p>Full salad bar</p> <p>Homemade rice pudding, fromage frais or jelly Selection of fresh fruit</p>	<p>Roast turkey/vegetable grill served with roast potatoes, carrots, peas and gravy</p> <p>Full salad bar and jacket potatoes</p> <p>Homemade flapjack, fromage frais or jelly Selection of fresh fruit</p>	<p>Cheese and tomato pizza served with herby diced potatoes and wholewheat spaghetti hoops</p> <p>Full salad bar and jacket potatoes</p> <p>Fromage frais or jelly Selection of fresh fruit</p>	<p>Roast chicken/veggie fingers served with potatoes, carrots, broccoli and gravy</p> <p>Full salad bar and jacket potatoes</p> <p>Welsh cakes, fromage frais or jelly Selection of fresh fruit</p>	<p>100% cod fish fingers/vegetable fingers served with chips and peas</p> <p>Full salad bar and jacket potatoes</p> <p>Fromage frais or jelly Selection of fresh fruit</p>
Week 2	<p>Pasta with neopolitan sauce served with sweetcorn and garlic bread</p> <p>Full salad bar and jacket potatoes</p> <p>Cheese and biscuits, fromage frais or jelly Selection of fresh fruit</p>	<p>100% pork sausage/quorn sausage served with mashed potato, cauliflower, peas and gravy</p> <p>Full salad bar and jacket potatoes</p> <p>Homemade chocolate chip sponge and custard, fromage frais or jelly Selection of fresh fruit</p>	<p>Chicken curry/vegetable curry served with rice, naan bread and poppadoms</p> <p>Full salad bar and jacket potatoes</p> <p>Fromage frais or jelly Selection of fresh fruit</p>	<p>Roast pork/vegetable grill served with roast potatoes, green beans, cauliflower and gravy</p> <p>Full salad bar and jacket potatoes</p> <p>Fromage frais or jelly Selection of fresh fruit</p>	<p>100% chicken chunks/vegetable nuggets served with chips and baked beans</p> <p>Full salad bar and jacket potatoes</p> <p>Welsh cakes, fromage frais or jelly Selection of fresh fruit</p>
Week 3	<p>Cheese and tomato pizza served with new potatoes and wholewheat spaghetti hoops</p> <p>Full salad bar and jacket potatoes</p> <p>Homemade flapjack, fromage frais or jelly Selection of fresh fruit</p>	<p>Roast beef/veggie grill served with roast potatoes, broccoli, carrots, yorkshire pudding and gravy</p> <p>Full salad bar and jacket potatoes</p> <p>Muffins, fromage frais or jelly Selection of fresh fruit</p>	<p>Jacket potato served with a choice of cheese, baked beans, tuna mayonnaise or ham</p> <p>Full salad bar</p> <p>Apple crumble and custard, fromage frais or jelly Selection of fresh fruit</p>	<p>Roast chicken/veggie fingers served with new potatoes, carrots, broccoli and gravy</p> <p>Full salad bar and jacket potatoes</p> <p>Ice cream, mousse, fromage frais or jelly Selection of fresh fruit</p>	<p>Battered haddock/vegetable nuggets served with chips and peas</p> <p>Full salad bar and jacket potatoes</p> <p>Cheese and biscuits, fromage frais or jelly Selection of fresh fruit</p>
Week 4	<p>100% pork sausage/quorn sausage served with roast potatoes and baked beans</p> <p>Full salad bar and jacket potatoes</p> <p>Apple crumble and custard, fromage frais or jelly Selection of fresh fruit</p>	<p>Pasta bolognaise/vegetable bolognaise served with sweetcorn and garlic bread</p> <p>Full salad bar and jacket potatoes</p> <p>Fromage frais or jelly Selection of fresh fruit</p>	<p>Chicken curry/vegetable curry served with rice, naan bread and poppadoms</p> <p>Full salad bar and jacket potatoes</p> <p>Welsh cakes, fromage frais or jelly Selection of fresh fruit</p>	<p>Roast pork/vegetable grill served with roast potatoes, parsnips, carrots, peas and gravy</p> <p>Full salad bar and jacket potatoes</p> <p>Cheese and biscuits, fromage frais or jelly Selection of fresh fruit</p>	<p>100% chicken chunks/vegetable nuggets served with chips and wholewheat spaghetti hoops</p> <p>Full salad bar and jacket potatoes</p> <p>Cookies, fromage frais or jelly Selection of fresh fruit</p>