

Prep School

VIRTUAL ROUND UP



Friday 5th February 2021

The Head's Update

This week our focus has been mental health as we have participated in Children's Mental Health week. This year's theme has been "Express Yourself" and we have been thinking about the importance of creative activities and expressing ourselves in our assemblies and PHSE sessions this week. You will see some activities that different year groups have been undertaking in this newsletter.



KS2 Unplugged Sessions

We are especially proud of how engaged our Key Stage 2 girls have been with their full timetables of online learning this half term. With a break coming up soon and mental health week this week, we have planned some 'Unplugged sessions' for our timetables. This will give the girls more of an opportunity to spend time away from their screens, focused on a more creative or physical activity. The teachers will incorporate these into their timetables on Firefly so please keep an eye out for them!

Safer Internet Day

Safer Internet Day is on 9th February 2021. It's celebrated across the globe in over 170 countries, with thousands of young people joining in across the UK to explore how they can use the internet responsibly, respectfully, critically and creatively. This year, the theme is 'An internet we trust – Exploring reliability in the online world'. The campaign will focus on knowing what to trust online and the strategies that young people use to question, challenge and change the online world. The internet has an amazing range of information and opportunities online and can help us see the world from different points of view. But how do we separate fact from fiction, the genuine from the misleading? How do we decide what to believe online and what's the impact of dealing with fake content and experiences? You can find information for parents and carers by [clicking here](#).

From PC Woodhall, our School Liaison Officer

We know that families are spending more time online and in front of screens as we all navigate our way through a global pandemic. But what about young children? How much screen time should they have? We have some tips you can share with the families that you work with to help them find a balance. [Click here](#) for more information. I am delighted that she will also be delivering virtual online safety lessons to girls in Years 2 – 6 very soon.

Kilometre Club Success!

Mr Baker has also been impressed with the amount of kilometres covered recently by the girls in the Prep School, especially by the following girls: Sofia and Bella C, Abigail and Erin B, Ashley G, Megan S, May D, Emily S, Mai Van M, Sophie C, Yume A and Lottie A and her little sister Emily who is in Nursery.

Nursery Girls Get Creative

Howell's Nursery girls demonstrated their creativity on the morning of Monday 1st February when they did some mindful collaborative chalk drawings, expressing their emotions through art and music as part of Children's Mental Health Week. [Click here](#) for more information.

Reception girls draw their feelings

This week girls in Reception have been drawing their feelings as part of Children's Mental Health Week. [Click here](#) for more information.

1J create prints using fruit and vegetables

Last week 1J created prints using fruits and vegetables. [Click here](#) for more information.

Children's Mental Health Week in Year 2

From 1-7 February 2021 schools, youth groups, organisations and individuals across the UK are taking part in Children's Mental Health Week. In Year 2 we have made this a focus of our Personal Social Health and Education (PSHE) this week. [Click here](#) for more information.

'Star Baker'

This week Year 2 have been thinking about ways they 'express themselves' for Children's Mental Health Week. Girls thought about what they do to help them feel calm and relaxed. As an enjoyable pastime, Sophie regularly enjoys baking bread and cakes with her family. Sophie's even developed her own [cookery book](#), including her recipe and instructions for her 'no knead loaf'. Amazing work Sophie - you are this week's star baker!

Emilia's Been Busy

Year 2's Emilia had a really busy afternoon on Tuesday this week. [Click here](#) to find out more. She also took part in the RSPB's Big Garden Birdwatch last weekend and you can read more about that by [clicking here](#).

Music Matters to Emma

Year 2's Emma M has been thoroughly enjoying Mr Beckett's Music classes. [Click here](#) for more information.

Pick Up Litter, Pick Up the World

In January Mrs Scurlock asked Year 2 to explore the outdoors and take a picture. [Click here](#) for more information.

Actor of the Week Award

Congratulations to Year 2 student Xanthe, who became Actor Of The Week at her Stagecoach class for her work in Drama for The Lion King. [Click here](#) for more information.

Things that make us happy

Emily T (Year 5) has created a lovely picture this week as part of 'things that make us happy'. [Click here](#) for more information.

GDST Times Table Rock Stars Competition

Congratulations to Arianne McQ (Y5) who was recognised as the Most Valuable Player for Howell's Prep School. Your hard work paid off Arianne! Well done to Mollie R (Y6) and Eira D (Y6) who also were identified as the 2nd and 3rd Most Valuable Players respectively.

Let there be light

On Wednesday afternoon, our Year 5 and 6 girls joined over 1600 other GDST students and teachers on Zoom for a Science demonstration live from the Royal Institution. [Click here](#) for more information.

Rainforest Art

Year 6 have been working hard at home to create rainforest artwork in the style of the French post-impressionist painter Henri Rousseau. [Click here](#) for more information.

A Science field trip around Howell's grounds

Our key workers' children in Year 6 enjoyed exploring Howell's grounds to help them produce a field guide to show which plants and animals are living in local habitats during their science lesson. [Click here](#) for more information.

Year 6 parents - Supporting Your Daughter with Maths

We warmly invite you to another parent talk on Thursday February 11th, and we would be delighted if you were able to join us. The talk will be hosted by Rebecca Brown the GDST Maths Trust Consultant Teacher. She will be talking about how to support your daughter in Maths, at home, at school and in life and discussing mathematical mindsets, misconceptions and mastery.

Rebecca Brown on How to support your daughter with Maths will take place on **Thursday 11th February at 6.30pm via Zoom.**

This event is suitable for parents with children in Year 6. If you would like to attend, please click [here](#)

We do hope you will be able to join us. Please note that although there are a limited number of tickets for this event, we will be recording it and making it available to GDST parents afterwards.

Making Music, Making Friends

During lockdown, the music service has been running its groups online, keeping students across Cardiff and the Vale of Glamorgan connected through music. They are offering an Ensemble Passport for £10 per student for the term, which covers as many groups as you like. For details and how to register please [click here](#).

Howell's School Virtual Choir – Sosban Fach

This is the final weekend to get your video made for our virtual choir recording of the Welsh folk song, Sosban Fach! It's open to everyone in the Prep School from Nursery to Year 6.

All the information you and they need is on the Firefly Prep School Music Page [here](#) and this includes a rehearsal video to help with the words and the singing! If your daughter would like to take part, the recordings will need to be made and uploaded by 12noon on Wednesday, 10th February. The details of how and where to upload are on the Firefly page and the link is here: [☐ Sosban Fach UPLOADS](#).

Some of the younger girls might want to record a single verse or a chorus, which is absolutely fine!

The video will be launched on St David's Day. We are very much looking forward to seeing lots of the girls' recordings in the final video! If you have any questions, please email Mr Beckett on ian.beckett@how.gdst.net

Howell's Guitar Tutor to Judge the Glamorgan Music School's Online Eisteddfod

Many congratulations to our guitar tutor, James Chadwick, who has been announced as one of the judges of the Glamorgan Music School's online Eisteddfod. [Click here](#) for more information.

Prep School Virtual Eisteddfod

We will celebrate St David's day in a different way this year. During the week beginning 22nd February, a series of learning opportunities about Wales will take place. This will culminate on Monday 1st March with an online virtual Eisteddfod where photos of the girls' achievements will be shared alongside recordings of the instrumental competition and a virtual 'chairing' of the bard. Virtual 'communal' singing may also take place. These plans will be confirmed when we have more definite information regarding any return to onsite schooling and how the logistics of this work out. Details of the Year 3-6 Individual Instrumental Competition will be shared early next week.

GDST Creative Writing Competition 2021

Many members of our School and College community have been involved in writing some fantastic creative pieces in response to the topic of 'Belonging'. [Click here](#) for more information.

Sue Rayner

I am very sorry to tell you that Sue Rayner, Secretary of our alumni organisation The Hywelian Guild, passed away at the end of January following a short illness. [Click here](#) for more information.

Senior School Virtual Open Event

On Wednesday 3rd March we will be holding a Virtual Open Event for prospective Senior School students and parents. Mrs Davis will be hosting Zoom call for parents and students at 4pm and all our current Year 5 parents will be invited to attend. During the call, families will find out more about the academic offer as well as the extracurricular opportunities available. For further information about the event please email admissions@how.gdst.net. Please do pass the information on to anyone you think might be interested in attending.

It is Wear Red for Velindre Day a week tomorrow, girls may wear red in school or at home. If you remember, the parents paid £5 online in advance of the charity days so no money is required.

I hope you have a lovely weekend.

Mrs Judith Ashill, Deputy Principal, Head of Prep School