



The **First 30** is a wellbeing programme designed to ensure that Year 10 students settle into their GCSE studies at Howell's Senior School with confidence. Over the **first thirty days** students will be introduced to the HeadsUp@Howell's programme and they will enjoy a variety of activities, presentations and events, supported by their form tutor.



HOWELL'S SENIOR SCHOOL

Llandaff

G D S T

NURTURING EXCELLENCE

Academic

- ▶ Introduction to GCSE
- ▶ Study Skills for GCSE
- ▶ Target setting
- ▶ Habits of Mind re-enforced - in planner
- ▶ VESPA skills
- ▶ *How am I coping?* survey

Social

- ▶ Teambuilding lunch
- ▶ Wellbeing Programme
- ▶ Getting to know your form
- ▶ Form time activities
- ▶ Meet Disney, our school dog

Co-curricular

- ▶ Clubs and societies
- ▶ Music groups
- ▶ Drama events
- ▶ Sport opportunities
- ▶ Careers events

Parental Engagement

- ▶ The GCSE Parental Booklet - guidance on supporting your child
- ▶ Admissions procedure - a reminder about Firefly, Evolve and parents' SIMS app
- ▶ *A View from the Top* – weekly school newsletter

Belonging and Wellbeing

- ▶ Introduction to Senior Leaders' Team
- ▶ Introduction to House Captains
- ▶ Get to know your tutor
- ▶ Refresher to HeadsUp@Howell's
- ▶ PSHE sessions
- ▶ Equality, Diversity and Inclusion at Howell's

Learning Tools

- ▶ Planners issued
- ▶ How can the Library support you at GCSE level?
- ▶ How can Firefly and Teams support you at GCSE level?
- ▶ Making use of your email account
- ▶ Bring your own device guidance



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GDST
GIRLS' DAY SCHOOL TRUST

N U R T U R I N G E X C E L L E N C E