

# Prep School

## ROUND UP

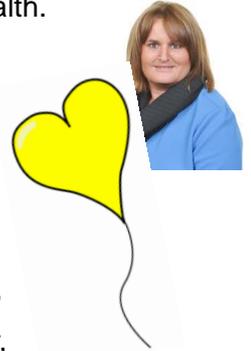


Friday 11<sup>th</sup> October 2019

Despite the blustery weather, life has been busy in the Prep School! We have been particularly focussing on HeadsUp week, which gave us all an opportunity to think about our mental health.

### HeadsUp Week in Prep School

This week the girls have been involved in a variety of activities to help promote positive mental health and mindfulness. We started the week with a whole school assembly with calming music and breathing exercises and finished the week by singing and dancing together in the hall. The girls have taken part in a variety of activities through listening to daily 'happy' tracks, tree hugging, a 'no pen' day, keeping a gratitude journal and then writing gratitude poetry, creating positive 'post-it notes' for the classroom, 'Magic Blankie' guided breathing and relaxation, pairing up with another class for a walk and talk (big sister, little sister), sitting silently and reflectively with friends for the big sit on World Mental Health Awareness day and of course the girls have not engaged with any homework this week as we hoped they would enjoy quality time with their families, enjoy playing games and talking in place of homework.



Our aims for the girls for the week were to:

- ♥ Know and uses strategies to improve their mental wellbeing or to manage difficult times
- ♥ Connect with others positively to benefit all

We want our learners to:

- ♥ Be happy so that they can flourish academically and socially
- ♥ Feel confident so that they take part fully in school life
- ♥ Know how to strengthen their resilience and flexibility to manage challenges

We hope the girls will also carry their learning home and try to have a Heads Up weekend and strive to have one whole day out of a device!

A few Positive quotes from the girls to leave you with:

- 'Be the best you can be'
- 'You will always be a Rainbow'
- 'You are perfect the way you are'
- 'Believe in yourself'
- 'Don't be a stereotype, BE YOURSELF and do what makes you happy'



## Celebration Tea

Also on Monday Mrs Davis hosted a Celebration Tea for Prep School students on Monday 7<sup>th</sup> October. [Click here](#) to find out what the celebrated.

## NACE

This Monday, Howell's was visited by two researchers from NACE (National Association for Able Children in Education) who are undertaking a research project into how schools can successfully challenge all their students to reach their full potential. They were welcomed in to lessons in a range of subjects from Languages to Sciences and Mathematics from KS2 up to KS5, as well as talking to staff about how we sustain a well-balanced culture of academic challenge whilst focussing on student wellbeing. They went away with lots to think about and share.

## GDST Maths Conference

Miss Hagerty and I had the pleasure of accompanying six girls from the Prep School to the GDST annual Mathematics Conference in Oxford. Phoebe in Year 6 has written about our day:

On Wednesday, 6 prep school girls set off early on our way to Oxford University's Mathematical Institute. When we arrived we headed in to the entrance and observed the brilliant architecture above. The glass is shaped like a sound wave from a drum. When we toured, we saw more of the amazing building and even got to draw on the windows in the common room, like the real students and researchers do!

We entered the lecture hall intrepidly but soon got into our stride! The teaching was all about data and the environment. A few days before, we all did a survey and so we used the results to make a video during the day's task.

In the afternoon we did a maths quiz and it was really tricky! We were in a group with lots of other girls from different GDST schools. While the points were being counted three girls from Oxford High talked to us about what A level maths is like. When the points had been counted they gave out the awards for 1st 2nd 3rd and most collaborative. Unfortunately, we didn't win a prize but it was a great day and we all thoroughly enjoyed it. *Written by Phoebe Year 6*



## A Look Over The Rainbow for Year 3 and 4

The musical productions that we stage every two years are a wonderful way for our Prep School girls to be involved in a large-scale production, working with students right up to Year 13. The next time we put on a big show, the girls currently in Year 3 and 4 will be in the cast, singing, dancing and smiling into the audience.

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This morning, your daughters had a sneak preview of one of the stunning song and dance numbers from our production of *The Wizard of Oz*, and a chance to meet some of the cast. If you and your daughter would like to experience the whole show and get a taste of a Howell's musical extravaganza, there are still tickets available from Mrs Thomas in the Senior School.

Tickets on Monday, Tuesday and Wednesday cost £12 (£10 children) and for the gala performance all tickets cost £15. Tickets are available from the main reception in the Senior School or by calling 029 20562019.

## Holiday Club - October Half Term

Places are now starting to fill up for the October half term, if you would like your daughter to attend please send the booking form back to Mrs Hatcher [s.hatcher@how.gdst.net](mailto:s.hatcher@how.gdst.net) with payment. Booking closes on Monday 14<sup>th</sup> October. Activities will include swimming, art and craft, cookery and a trip to Llandaff fields for an autumn walk.

## After School Care

Please may we remind all parents and carers that the latest collection time is 6pm. The findings from the parental questionnaire in May 2019 are attached for your information.

## Music Clubs – Week Beginning 21<sup>st</sup> October

The following Prep School Music Clubs will not run during the *Wizard of Oz* show week: Junior Radio, Shake, Rattle & Roll, Junior Rock, JCC & Junior Orchestra.

String Machine, Junior Wind Band & Band Skills will run as normal.

Many thanks for your support.

*Mr Beckett*

## Howzat! Cricket Academy

On Tuesday 8<sup>th</sup> October, in partnership with Cardiff and the Vale College and Glamorgan Cricket Club, we held our first Howzat! Cricket Academy at the SWALEC Stadium to engage girls from across Cardiff to play cricket. [Click here](#) for more information.

## Can you help?

On Thursday 31<sup>st</sup> October our Year 13 Oxbridge applicants will be spending a day dedicated to preparing for their upcoming academic interviews. If you would be prepared to give up a few hours on the day to help out with mock interviews, we would love to hear from you. Please contact our Oxbridge Coordinator Mrs Harrison-Hughes on [Hannah.hughes@how.gdst.net](mailto:Hannah.hughes@how.gdst.net).

## 'The Dog with a Beard'

A smile was brought to the faces of Year 1 and 2 on this wet Friday afternoon when local author Natalie Ann Beattie and Buster, 'The Dog with a Beard', came to visit. The girls enjoyed listening to the book, petting Buster and talking about ways in which we are all unique yet still special.



## Diary Dates

### **The Year 7 Experience – Wednesday 16<sup>th</sup> October**

On Wednesday 16<sup>th</sup> October, girls in Year 5 are going to take “One Giant Leap” into the Senior School to experience life in Year 7. This is also open to girls in Year 6 who have not yet attended a taster day. Please do pass on the information to anyone you think might be interested in attending. For details please email [admissions@how.gdst.net](mailto:admissions@how.gdst.net) or telephone 029 2026 1832.

### **Follow the Yellow Brick Road: Monday 21<sup>st</sup> – Thursday 24<sup>th</sup> October**

Lions and tigers and bears, oh my! Would you like to join Dorothy and friends for their journey along the Yellow Brick Road? I am delighted that so many of our community are joining us for our forthcoming production of *The Wizard of Oz*, which will take place from Monday 21<sup>st</sup> until Thursday 24<sup>th</sup> October at 6pm, and there are still tickets available if you would like to take a trip to the Land of Oz.

Tickets on Monday, Tuesday and Wednesday cost £12 (£10 children) and for the gala performance all tickets cost £15 and are available from the main reception in the Senior School.

### **Into the Woods @ Howell's Nursery**

Can you hear a rustling in the trees and a snuffling in the log pile? We can't wait to show you who lives in our Green Garden at *Into The Woods*, our autumn Nursery Open Morning. We'll be telling stories, exploring our indoor and outdoor spaces and finding out about the world around us. Pull on your wellies, zip up your coat and join our Nursery girls for a morning of crunchy leaves and muddy footprints, on Thursday 14<sup>th</sup> November from 10am to 11.15. For more information, email [S.Hatcher@how.gdst.net](mailto:S.Hatcher@how.gdst.net) or call 029 2026 1828 [www.howells-cardiff.gdst.net](http://www.howells-cardiff.gdst.net).

### **Christmas Fair**

This year, the Howell's Christmas Fair is on Friday 29<sup>th</sup> November from 2-5.30pm in our Sports Hall, and we are now taking bookings for stall-holders. It will be a wonderful, very busy shopping event, with around 40 individual stalls and Father Christmas on hand to take present requests. If you, or someone you know, would like to take a stall at our Christmas Fair, please contact Margaret Leigh in the Marketing Office on [m.leigh@how.gdst.net](mailto:m.leigh@how.gdst.net).

### ***Les Misérables* - Limited tickets available!**

We are delighted that so many of our community are joining us for the special Howell's event at the performance of *Les Misérables* at the Wales Millennium Centre on Tuesday 10<sup>th</sup> December. A limited number of tickets have become available from our allocation for the Howell's Community to buy. Tickets include access to a private room before the performance where you can buy drinks and food before as well as order your interval refreshments. We will also have a private room during the interval. These tickets are available to the Howell's community on a first come first served basis; to reserve seats and arrange payment please email Hannah Roberts in the Marketing Office, [hannah.roberts@how.gdst.net](mailto:hannah.roberts@how.gdst.net).

### **Carol Services**

Llandaff Cathedral will once again provide the perfect setting for this year's Carol Services which will take place on Wednesday 11<sup>th</sup> December. More detailed information will be available after the half term break.

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## Prep School Dates

Tuesday 15 <sup>th</sup> and Wednesday 16 <sup>th</sup> October	Parents' Evenings
Monday 28 <sup>th</sup> October to Friday 8 <sup>th</sup> November inclusive	October Half term
Monday 21 <sup>st</sup> & Wednesday 23 <sup>rd</sup> October 6pm	Year 5 performing in The Wizard of Oz
Tuesday 22 <sup>nd</sup> & Thursday 24 <sup>th</sup> October 6pm	Year 6 performing in The Wizard of Oz
Friday 29 <sup>th</sup> November Evening	Year 5 & 6 performing at the Tenovus Lovelight Carol Concert at Llandaff Cathedral