

Prep School

ROUND UP



Friday 18th September 2020

The Head's Update

Our first full week has run very smoothly! The girls are getting used to our new routines and they are very keen to engage in their learning. It really is a pleasure to see their smiles each morning and their willingness (mostly!) to get into school!

The drop offs and pick-ups have seemed a lot calmer this week, thank you for your co-operation with the staggered timings. I thought it may be useful to remind you of the information I included in last week's round up:

- Girls booked into Before School Care should arrive at 7.45-8.15am
- Girls in Years 3,4,5,6 and their younger sisters may arrive between 8.15-8.30am
- Girls in Reception, Years 1 and 2 should arrive from 8.30-8.45am



At the end of the day:

- Nursery girls finish at 2.50pm
- Girls in Reception, Years 1 and 2 finish at 3pm
- Girls in Years 3,4,5 and 6 finish at 3.15pm

Please may I kindly ask if you are collecting two daughters at different times that you wait in your car after collecting your first daughter. As I am sure you will appreciate, it is important for adults to socially distance from each other and for traffic to flow easily and safely around waiting parents. Once you have collected your daughters, please leave the grounds swiftly. Late arrivals in the morning need to go to the Senior School reception. Similarly, if parents need to collect their daughter during the school day, parents should go to Senior School Reception. They will telephone us and we will bring your daughter to you.

It is great to see more girls using the walking bus facility from the back of the school. If you would like your daughter to use it, please [click here](#) to book.

Lunch Menu

Our lunch menu has changed slightly since I shared it with you last week, so I am pleased to include the updated menu which you can see by [clicking here](#).

PE in the Prep School

We are delighted to let you know what the girls will be participating in and learning in PE this term, which you can see in the table below. May I also remind you that girls should wear their PE kits to school on days that they have PE and/or attend a sports club.

Class	Lesson 1	Lesson 2
Nursery	Gymnastics	Small object skills
Reception	Movement and gymnastics activities	Running and outdoor sports activities
Year 1 and 2	Movement and gymnastics activities	Running and outdoor sports activities
Year 3	Hockey	Cricket
Year 4	Dance	Cricket
Year 5 and 6	2 weeks of each: Dance, Cricket, Athletics	2 weeks of each: Yoga, Tennis, Rounders

FAQs

I thought it may be helpful to include some guidance with regards to the main queries I am receiving at this time:

If my daughter is unwell, will she be provided with work to do?

If she is unwell, your daughter must stay at home and concentrate on getting better. If she is ill for more than a couple of days, her class teacher will be in touch to suggest activities that she can do at home once she is well enough. After a week, if there is significant improvement in her health but she does not return, work can move from what has been sent by teachers / Firefly to her joining the classes online where appropriate.

If my daughter has to stay at home because she is self isolating, in quarantine or awaiting results of a COVID-19 test for a member of the family, will work be provided for her?

Our current school policy is that children who are well but are affected by home restrictions should be engaged online within one day if possible. This allows us to inform staff, adapt lessons and prepare appropriately. Occasionally it may take longer.

Mindfulness in Year 5 and 6

I am delighted to announce that Miss Kate Ashman has completed the Paws b Mindfulness Course with the Mindfulness in Schools Project. This means that she is qualified to deliver Paws b to Years 5 and 6 this term, once a week for 12 weeks. During the course they will be learning about many things, including:

- Specific areas of the brain and how these affect our ability to focus, make good choices, recognise when we need to steady ourselves when our body or mind is busy or out of balance.
- Ways that mindfulness can support them in many day-to-day activities, including concentration and memory, behavioural self- management, and in relationships with family and friends.
- Ways to respond rather than react, and therefore make better choices and take better care of themselves and others.

A great deal of media interest has arisen as a result of the growing body of rigorous research evidence regarding the potential benefits of mindfulness for young people. These include randomised control trials and neuroscientific studies.

As Professor Katherine Weare (Emeritus Professor, Southampton and Exeter Universities) observed in her award-winning research summary, Evidence for the Impact of Mindfulness on Children and Young People, schools who engage in mindfulness are likely to see 'beneficial results on the emotional wellbeing, mental health, ability to learn and even the physical health of their students.

The feedback from children who have taken part in Paws b is very positive. They report enjoying the lessons and it supports them in a broad range of situations from being able to concentrate and focus more easily in school to helping them feel calmer in exams and competitions. Many have described sharing the learning with other family members and finding it helps them with their relationships with family and friends. You can see a summary of feedback about Paws b from over 1500 students by [clicking here](#).

Should you be interested in reading further about the body of research evidence around Mindfulness for both young people and school staff, you can find more information by [clicking here](#).

'Bug Club' Online Reading Scheme



We are continuing with the online reading scheme 'Bug Club' for girls in Reception class to Year 3. This supplements our regular reading scheme and the books the girls bring home from class. Please do encourage your daughter to use this fantastic resource which has so many different books for all reading levels. Your daughter's class teacher will allocate her books and monitor her progress. Please note that the book is only confirmed in the Bug Club system as completed once the book is read and the accompanying comprehension questions are answered. We hope the girls enjoy collecting virtual coins as they read and revisiting favourite books in their library section.

Bookings for Half Term Holiday Club

Bookings are now being taken for October Half Term's Holiday Club. Holiday Club will run for the two weeks of Half Term (weeks commencing 19th and 26th October 2020) from 8.30am to 5pm each day. Further information and the online booking form can be accessed by [clicking here](#). The cost is £200 for a 5 day week (Monday to Friday) or £45 per day. Payment should be made via BACS or Childcare Vouchers by Friday 9th October 2020. For further information please email e.williams@how.gdst.net.

After School Care

After School Care (ASC) is using a booking system which can be completed a week in advance from Tuesday until Friday at 12pm so that we know who will be attending. Sandwiches can be ordered on the booking form. We also have an ASC mobile phone in case of emergency or if parents are running late for pick up. The number is 07528 484849.

School Photographs

Colofoto will be visiting us on Thursday 24th September to take individual photographs of all the girls from Nursery to Year 6. Please can the girls wear their **winter uniform**, with their hair neatly tied back. If your daughter has a PE lesson or club next Thursday, she will still need to wear her uniform, not her PE kit. PE will take place but will be adapted slightly.

Curriculum Letters

Curriculum letters can be found on your daughter's class Firefly page.

Flu Vaccinations

Flu vaccinations will be taking place for girls in Reception – Year 6 on Thursday 5th November.

Year 5 Journey to the Antarctic

Year 5 are ready to join Ernest Shackleton on his epic voyage to the frozen continent as they start their new topic: Journeys. [Click here](#) for more information.

Success for the sisters Amelie and Isabella

We were delighted to hear about the fantastic successes of sisters Amelie and Isabella C. [Click here](#) for more information.

Teddy Bear Rhyme

This week, our girls in Reception had great fun learning the Teddy Bear Rhyme during their socially distanced outdoor music lesson with Mr Beckett. [Click here](#) for more information.

Second-Hand Uniform Sale

Mrs Davis was delighted to hear how well the socially distanced, appointment only second-hand uniform sale went on Saturday, with every appointment slot filled. We are enormously grateful to Mrs Eling for organising the sale which raised a fantastic £652 for the Howell's Bursary Fund. Thank you also to everyone who booked an appointment, observed all the guidelines and supported the extremely successful day.

Virtual Open Day

We are holding our next Virtual Open Day on Tuesday 22nd September 2020. Visitors will be able to find out more about what a Howell's education has to offer, and we can arrange a Zoom chat with members of the Leadership Team. For more information and to book a place please email Admissions@how.gdst.net. Have a wonderful weekend and I look forward to seeing everyone back on Monday.

Mrs Judith Ashill, Deputy Principal, Head of Prep School