

Prep School

VIRTUAL ROUND UP



Friday 29th January 2021

The Head's Update

Since last week's newsletter, we certainly have experienced a variety of weather, with the snow causing a great deal of excitement, especially for the girls!

Children's Mental Health Week 1-7th February 2021

From 1-7 February 2021, Howell's will be taking part in Place2Be's Children's Mental Health Week. This year's theme is 'Express Yourself'. We will be thinking about the importance of creative activities and expressing yourself in our assemblies and PHSE sessions next week.



Place2Be has created activities and resources to help children (and adults) to explore the different ways that they can share their thoughts, feelings and ideas. There are lots of resources on the Children's Mental Health Week website that you can use with your child at home; including activity ideas and tips for parents and carers. [Click here](#) for more information.

Collaboration with Other Trust Schools

Our colleagues at Trust Office are busy organising opportunities for some of our year groups to take part in virtual workshops with girls attending from other Trust Schools too. For example, over the next few weeks, Years 3 and 4 will be taking part in a 'Sound and Vibrations' workshop and Years 5 and 6 will be studying 'Light' and 'Chemical Changes'. I am also delighted to announce that our Year 3 girls will soon have the opportunity to take part in a virtual 'Collaborative Art Project' with girls from Northampton, Newcastle and Streatham and Clapham. More details will be shared soon.

Staff Emails

It is an exceptionally busy time for our teachers at the moment and I know they are receiving a lot of emails. Please be aware that I am encouraging teachers to be away from their screens whenever they can. It is not my expectation that they respond to emails after 5pm or at weekends. If you have an enquiry of a very urgent nature please email me at judith.ashill@how.gdst.net.

Amazing Art

Our younger key worker girls' creativity was firmly on display this week when they produced some fantastic artwork. [Click here](#) for more information.

Reception News

Girls in reception have made some lovely videos talking about the weather which you can watch on Firefly by [clicking here](#). We were also delighted to see photographs of them enjoying the snow which you can see on Firefly by [clicking here](#).

Elina and her brother raise £65 for Children in Need

Well done to Elina in Year 2 and her brother Ishan, who raised a fantastic £65 for Children in Need. [Click here](#) for more information.

Out of Eggs

As part of Year 2's topic 'Out of Eggs' we have been finding out about Dinosaurs and the girls have created some beautiful artwork, based upon the work of Paul Klee. [Click here](#) for more information.

Dinosaur Story Time

Year 2 enjoyed their story time session on Tuesday afternoon which carried a huge environmental message. [Click here](#) for more information.

One Planet Cardiff

As part of the One Planet Cardiff Strategy, Cardiff Council's ambitious plan to become carbon neutral by 2030, Cardiff Youth Council is asking the city's young people to express their opinions and offer ideas on how we can improve our city and our planet. More can be seen about the strategy by [clicking here](#). This is a fantastic opportunity for students to make their voices heard. [Click here](#) to complete a short questionnaire and to help shape the future of Cardiff. Before completing the questionnaire students might like to read the BBC Bitesize article that helps us learn more about being carbon neutral by [clicking here](#).

Year 3 create Egyptian Self Portraits

Year 3 have been demonstrating their amazing artwork in the Ancient Egypt inspired self-portraits they have produced. [Click here](#) for more information.

Amelia's Achievements

Year 4's Amelia E-B has been extremely busy recently. [Click here](#) for more information.

Terrific Tudors

In Art, Year 5 have been recreating famous terrific Tudor portraits and we have been enormously impressed by the work they have produced. [Click here](#) for more information.

Oyez! Oyez!

Year 5 have been looking at black Britons during the Tudor times and one of this week's tasks was to write an introduction speech in the style of a town crier. Elizabeth M recorded this one for John Blanke—a highly respected trumpeter for Henry VII and Henry VIII.

[Click here](#) to see her video.

Howell's Virtual Tour

We are delighted to share with you our new virtual tour which you can take by [clicking here](#). Please do share with anyone you think might be interested in visiting Howell's.

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. This term they are welcoming new members as they prepare for a very special Welsh celebration in March. They are offering an Ensemble Passport for £10 per pupil for the term, which covers as many groups as you like. For details on the ensembles and how to register please [click here](#).

Mrs Davis' Prep Assembly

We appreciate that there will not be as many events happening at the moment, but if you do have something special to share with us for show and tell assembly, please do email some information and a photograph to showandtellassembly@how.gdst.net and Mrs Davis will share it in her Friday assembly or we will include it in the weekly newsletter.

Howell's School Virtual Choir – Sosban Fach

After the great success of *True Colours* and *When You Believe* during the summer 2020 lockdown, the Prep School girls from Nursery to Year 6 have a chance to be part of another Howell's School Virtual Choir, performing the traditional Welsh song, *Sosban Fach*. 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 Wednesday, 10th February. The details of how and where to upload are on the Firefly page. 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. If you have any questions, please email Mr Beckett on ian.beckett@how.gdst.net

RSPB Big Garden Birdwatch

I think for many of us during these periods of restricted social mobility and home lockdowns, looking out into our gardens and observing nature has been a most welcome therapeutic break. I personally have enjoyed seeing blackbirds and robins coming down to feed, a baby blue tit poking its head out from the birdbox and making its first flight. I have also enjoyed observing families of sparrows with their wings out sunbathing in rows along the fence, or frenziedly splashing away and barging each other out of the bird bath. This weekend, take some time out and participate in the RSPB 2021 Big Garden Birdwatch; just follow along [here](#) to see how.

Dr Langford, Eco School Coordinator (Senior School and College)

GDST Talks

The next speaker on Friday 5th February is Marissa Carranini on *Encouraging Your Child To Eat Well: Healthy Eating for Sport and Activity*. Nutritional therapist Marissa Carranini works with clients to normalise and simplify food and healthy eating. In this talk, hosted by GDST Consultant Teacher for Sport and PE Alexis Williamson-Jones, Marissa will speak to parents and students about how to eat optimally for sport and activity, including good things to eat before and after training, and whether there is really any benefit in so-called sports drinks. Whilst the focus of the advice is on students doing sport, much is of relevance to everyone, and is part of a wider series of talks around addressing disordered eating and encouraging healthy eating habits. A previous talk is available [here](#).

GDST Talks with Marissa Carranini on How to Encourage Your Child To Eat Well: Healthy Eating for Sport and Activity will take place on Friday 5th February at 4pm via Zoom.

This event is suitable for parents with children in Year 5 to 13. To book your place, click [here](#).

Wales Wellbeing Survey

During the summer we supported the Wales Wellbeing survey which looked at levels of wellbeing and psychological distress in the Welsh population during the Covid-19 pandemic. These findings helped the NHS in Wales understand and respond to the mental health needs of the population during the initial stages of the pandemic. Please see a summary of previous findings here: <https://wales-wellbeing.co.uk/en/covid19-wellbeing-survey-results>

A second Wales Wellbeing survey has been launched that aims to evaluate how the wellbeing needs of the population are changing over the course of this pandemic. The survey is a collaborative effort between Swansea University, Cardiff University and the 7 Welsh Health Boards. If you would like to participate you can access the survey via the following link: <http://bit.ly/wales-wellbeing-survey-2>

Enjoy the weekend.

Mrs Judith Ashill, Deputy Principal, Head of Prep School