

A View FROM THE TOP



No 198

Friday 15th February 2019

The Principal's Update

Eisteddfod excitement has well and truly arrived at Howell's, with the preliminary competitions getting off to an excellent start. House Choir rehearsals have picked up pace as House Captains have been perfecting their interpretations of the Beatles' hit *All You Need is Love* and I am looking forward to seeing what they have been up to next Friday, 22nd February.

After school on Monday, Year 11 students, both from Howell's and from local schools, sat the Co-Ed College Scholarship Examination. The Year 11 Parents' Meeting took place on Tuesday evening and it was great to hear about the progress the girls are making as they approach their GCSE examinations. Many thanks to everyone who supported these important evenings.



Wednesday morning saw the coffee machine in the Hub working flat out for this half term's Parent Pyramid drop in. Thank you to everyone who joined us; it was wonderful to see parents, both regular and new, sharing ideas and so kindly offering help.

It has been Kindness Week and I have been delighted to see so many acts of kindness taking place throughout Howell's. Tickets to come to the front of the lunch queue, letters to Amnesty International, sweets for staff from grateful students and personalised thank you cards to various individuals are all part of the kindness initiatives this week. On Wednesday, our Board of Governors were delighted to meet the Senior School Council to discuss our kindness initiatives before this term's Governors Meeting.

At lunch time on Thursday, the Library hosted this term's Business and Economics Lunch and Learn. This time it was wonderful to welcome back Hywelian Jess, from the Class of 2018, who talked about alternatives to university. Jess has embarked on a career in recruitment since leaving Howell's.

Digital Heroes

Our Senior School Digital Heroes visited Ty Llandaff, the residential care home in Pontcanna, for the second time in their role and prepared a fun iPad quiz to help the residents increase their confidence of touch screen technology. [Click here](#) for more information.

Students from China Visit Howell's

On Thursday 7th February we were delighted to welcome a group of Chinese students who are training to be teachers. They were being hosted by Cardiff and Vale College for a two-week exchange programme to explore teaching methods and practices in the UK. [Click here](#) for more information.

 **HOWELL'S SENIOR SCHOOL**
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BPW Public Speaking 2019

On Monday 11th February, two teams from Howell's took part in this year's BPW Public Speaking competition. [Click here](#) for more information.

Dementia Friends

On Wednesday 13th February, Year 9L became 'Dementia Friends' after an engaging and informative talk as part of Year 9 PSE lessons. [Click here](#) for more information.

Celebration Tea

I hosted a lovely Celebration Tea for Senior School and College students at break on Monday 11th January. [Click here](#) for more information. I also hosted a Celebration Tea this afternoon so please look out for a full write up in next week's update.

Cross Country

Congratulations to Fiona B, Year 10, who finished 6th in the Welsh School Cross Country event on Wednesday 13th February and has qualified to represent Wales in Dublin at the SIAB. [Click here](#) for more information.

Safer Internet Day

Safer Internet Day 2019 challenged young people to work together for a better internet—a philosophy we promote at all times. On Tuesday, Mrs Darnton and I gave a thought provoking assembly to Years 7 to 9 on cyberbullying and what it evokes—jealousy, isolation, deceit, rumours and anonymous accounts. Mrs Davis left nobody in any doubt that cyberbullying would not be tolerated at Howell's and that by-standers were as guilty. The CEOP film Joe's Story made us all think about how lonely and isolating cyberbullying can be. Further guidance for parents can be found by clicking on our [Online Safety Firefly page](#).

Climate Week Walk To School

On Friday 22nd February, we would like to encourage as many students as possible to take part in reducing their travel carbon footprint by engaging in our annual drop-off and walk/cycle to school event. [Click here](#) for more information.

Parent Blog

This week's Parent Blog is available to read by [clicking here](#).

STEM Summer Camp

Booking for the STAAR Programme, a free summer camp for Year 10 students who demonstrate an interest or aptitude for one or more STEM subjects, will be running this July and August. [Click here](#) for more information.

Careers News

Both work and school stress is common, and it's easy to think that constant pressure is normal. The truth is, stress can have a serious impact on your mental and physical health. This guide, provided by the *Success at School* team, looks at how to deal with stress at work and school. This may provide the perfect opportunity for students to discuss and share these issues with parents. [Click here](#) for more information.

Diary Dates

Whole School Open Morning

Keen to know what goes on behind the doors at Howell's? We will be holding our first Whole School Open Morning for Nursery, Prep School and Senior School next Tuesday, 19th February from 9am-11am, so why not come and see for yourself? Just pop in on the day, or for further information email admissions@how.gdst.net or telephone 029 2026 1832. Please do pass on the information to anyone you think may be interested in finding out more about life in Howell's School.

Diary Dates

Second Hand Uniform Sale

The next Second Hand Uniform Sale will be held on Thursday 28th March in the Hub, 8-9am and 3-5pm. Donations of uniform can be left with Mrs Thomas in the main reception. We are particularly in need of Prep School summer dresses and Senior School PE kit.

Les Misérables, at the WMC

After the brilliant success of our evening at the Wales Millennium Centre before Christmas watching Matilda, we will be returning to the WMC on Tuesday 10th December 2019 for the performance of *Les Misérables*, Cameron Mackintosh's acclaimed production of the musical based on the Victor Hugo novel. We have an allocation of 150 tickets for this fantastic production, which are available for the Howell's community to buy at a discounted price of £55. Tickets include access to a private room from 5pm where you can buy drinks and food as well as order your interval refreshments. We are also hoping to have the Stage Director and members of the cast come to talk to us at this time. A private room is also available during the interval. Tickets are available to the Howell's community only 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. The Wales Millennium Centre recommends that the production is suitable for anyone over the age of 8.

Have a lovely weekend and I look forward to a productive and enjoyable final week before half term.

Sally Davis, Principal