

# A View FROM THE TOP



Friday 8<sup>th</sup> October 2021

## The Principal's Update

This week, we have been celebrating a very special 'Animal Tales' Book Week. The focus has been on stories, poems and films that feature our furry, feathered and scaly friends. The action-packed week included a Spelling Bee for Year 7, a Book Week House Quiz and a *We're Going on a Bear (Treasure) Hunt* on Wednesday. Today, students and staff have been unrecognisable as they have fully embraced the animal themed own clothes day. Many thanks to Mrs Norman, Mrs Wilks and all the staff and students who made the week so successful and lots of fun.



For this term's production of *Alice*, we decided to operate an online box office for the first time, and I was astonished to hear that tickets sold out just hours after going on general sale; truly they are the hottest tickets in town. Audiences will be in for a real treat when the production opens on Monday 18<sup>th</sup> October. *Alice* is being staged in the Great Hall, which means that tickets are strictly limited due to space and I know there are some families who missed out but are still hoping to be able to attend. We will start a waiting list and if you would like to be added to it, please email [mail@how.gdst.net](mailto:mail@how.gdst.net) with the number tickets and preferred date. We will then contact you if any tickets become available.

On Wednesday it was a pleasure to welcome our governors back to Howell's for the first time in over 18 months for an in-person Governors' Meeting. Prior to the meeting they met our Equality Prefects and Mrs Chyba who gave them an excellent presentation on the important work we are doing as an inclusive school. I am extremely grateful to our governors for the tremendous support they give to Howell's and to me personally.

This morning I was delighted to lead an assembly focussing on the importance of Black History Month, which we are proud to be celebrating at Howell's. I have been so pleased to see students engaging in the themed activities this week, but Black history is more than just one month of the year; it is not just about the past, but also how history influences our present and future. As well as celebrating Black history it is important to continue to learn, reflect, ask the difficult questions and to keep having the conversation.

### World Mental Health Day

This Sunday is World Mental Health Day. The theme this year is "Mental Health in an Unequal World". It's a time to reflect on the challenges we all face both physically and emotionally in what still remains a difficult time for us all. From Monday we will be promoting our first HeadsUp Week of the year. Mental and Emotional Health and Wellbeing is at the heart of all we do in school. Students will be encouraged to reflect on self-care strategies and connecting with each other positively. [Click here](#) to follow the link to this year's HeadsUp@Howell's newsletter which shares some of the wellbeing ways we work together in our community.

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### Mollie's Tennis Success

Many congratulations to Year 7's Mollie R who has had tremendous success at Radyr Lawn Tennis Club recently. [Click here](#) for more information.

### The Underground Railroad

This week Year 8 enjoyed learning about Harriet Tubman and the Underground Railroad with Mr Elmes and Lydia W as part of Black History Month at Howell's. [Click here](#) for more information.

### Senior School Celebration Tea

On Monday 4<sup>th</sup> October Mrs Davis was delighted to host the first Celebration Tea of the academic year for students in Years 7 and 8. [Click here](#) for more information.

### Gold Ribbon Pin Badges

Many congratulations to the Charity Prefects who raised a terrific £121.25, from the sales of gold ribbon badges, for Childhood Cancer Awareness Month recently. Very well done all.

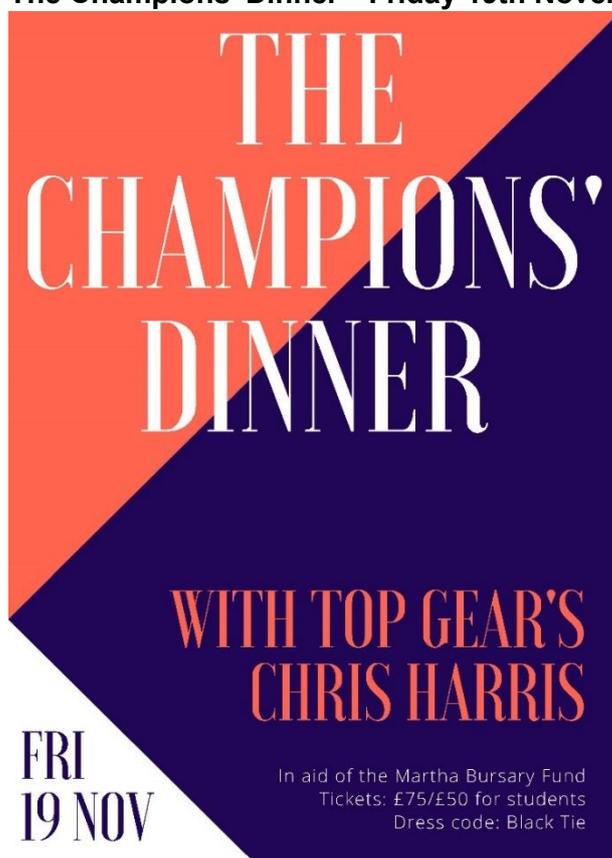
### Whole School Open Day

Our whole school Open Day for prospective parents and students will take place on Saturday 16th October from 9.30am until 12.30pm. Visitors will have the opportunity to look around the school and talk to staff members over a coffee and a Welsh cake. To register, please email [admissions@how.gdst.net](mailto:admissions@how.gdst.net) or telephone 029 2026 1832.

### Year 7 Taster Day – Saturday 16th October

On Saturday 16th October, Year 6 students will have the opportunity to discover more about what our Senior School has to offer and experience life in Year 7 first-hand. Please do pass on the information to anyone you think might be interested in attending. To register, please email [admissions@how.gdst.net](mailto:admissions@how.gdst.net) or telephone 029 2026 1832.

### The Champions' Dinner—Friday 19th November



We are delighted to announce that the Champions' Dinner will be held on Friday 19th November.

Joining us this year is BBC1's Top Gear presenter Chris Harris, who will join us for the whole evening, and will be taking questions from guests.

The Champions' Dinner fundraises for the Martha Bursary Award, which provides a place for a student to study at Howell's Co-Ed College for two years. Named in memory of Martha Pugh, and supported by her parents Bec and Paul, the award provides a Howell's education to a student who would otherwise not be able to come to Howell's.

This is the final year that we will be holding this event, as Martha's year group leave Howell's next summer, so we are especially keen to make it a night to remember. With that in mind, we would like to invite students in Year 13 to attend for a celebratory evening in Martha's memory.

Tables of ten are available to book now. Tickets are £75 per adult/£50 for Year 13 students, which includes a drinks reception, three course dinner and entertainment. Please don't worry if you don't have a table of ten, we will put tables together.

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To reserve tickets, or for further information, please email Hannah Roberts in the marketing department [hannah.roberts@how.gdst.net](mailto:hannah.roberts@how.gdst.net)

### **Episode 3 of Raise Her Up is live!**

To mark World Mental Health Day this coming Sunday, in episode 3 of the GDST's Raise Her Up, they welcome the brilliant Dr Tina Mistry, clinical psychologist, writer, speaker, podcaster and mental health expert. She will be reminding us of the need to validate our young people's emotions and reactions, rather than soothing them away in a way that doesn't bring any long-term solution or comfort. She will also be explaining how caring what others think is a vital step on the journey to greater self-awareness and self-confidence. [Click here](#) to listen to the podcast.

### **InvestIn Opportunities**

This term InvestIn is offering students immersive weekend experiences in nine careers relating to Law, Business and Politics. Learn from top criminal barristers, investment bankers, MPs, management consultants, corporate lawyers, United Nations staff and more. [Click here](#) to book and quote HOWELLS10 to get a Howell's discount.

### **Virtual Work Experience opportunity with Facebook for students in Years 10-13**

Cardiff Metropolitan University has informed us about a virtual work experience opportunity with Facebook, through the Digdata programme. [Click here](#) for more information and [click here](#) to register.

### **Young Professionals**

On Wednesday 13<sup>th</sup> October, 5.00pm – 6.00pm Young Professionals will be hosting an evening event with some of the world's top Business & Technology professionals. This event is open to Years 11-13. [Click here](#) for more information.

Have a wonderful weekend.

**Sally Davis, Principal**