

A View FROM THE TOP



Issue No 238

Friday 13th March 2020

The Principal's Update

Thank you very much for your understanding of and support for the measures we have taken at Howell's this week to ensure the school remains a safe environment in which to study. I am sure you will agree, the health and wellbeing of our students, staff and school community is of paramount importance.

In spite of the postponement and cancellation of several events and trips, it has been a busy time at Howell's. The week started with a bang when we launched Science Week on Monday during assembly. Lots of engaging events and experiments have taken place including: a visit from Animal Man, a competitive Biology challenge, Hot and Cold Physics and the House Escape Room challenge. At break and lunchtime today, the Library was bursting at the seams for the special screening of the computer-animated science fiction film Wall E. Thank you to the Science department for all they did to make the week so special. To see some photographs from the week do take a look at our [Instagram](#), [Twitter](#) and [Facebook](#) pages.



Today, it has been a pleasure to host the Welsh Independent Schools' Council (WISC) Conference which has taken place in the Hub. WISC is the umbrella body that represents independent schools in Wales. Thank you to everyone involved who made the conference such a success.

This month, the entire GDST family has come together to support Sport Relief, by aiming to cover the distance from Pole to Pole. This week students from the Prep School, Senior School and College have been running, walking, jogging, skipping and hopping a mile and they have all done incredibly well. We look forward to finding out the distance we have covered collectively and how much money we have raised for this important cause. Look out for a full write up next week.

Wellbeing at Howell's

Wellbeing is at the heart of all we do here at Howell's and I am delighted to share with you an update from Mrs Chyba and her teams regarding the many ways we promote mental and emotional health and wellbeing. Do have a look by [clicking here](#).

ESU Public Speaking Competition Welsh Final

On Thursday 5th March, Auvni P, Fiona W and Rhianne H from Year 11 competed in the ESU Public Speaking Competition Welsh Final at Ty Hywel, the former debating chamber of the WAG. [Click here](#) for more information.

The Chairing of the Bard

An integral part of any Eisteddfod is the Chairing of the Bard, the ceremony in which the winning poets are chaired for composing a poem. [Click here](#) for more information.

Howell's During World War 2

It was such a pleasure to welcome alumna Barbara Forte back to Howell's on Wednesday 4th March to talk to the Year 7 History Club. [Click here](#) for more information.

Lucy H is a Published Science Blogger

On Tuesday 25th February, three PhD students from Cardiff University delivered three very different but equally inspiring talks about physics, life as a PhD student and their path to where they are today. Lucy H, Year 12, wrote a blog about the talks, which has been published on the Cardiff University [website](#).

NSEA National Championships Qualifier

On Saturday 7th March, Francesca C, Year 9, took part in the NSEA National Championships Qualifier at Hartpury Equestrian College, Gloucester, and won the Elementary Class for Howell's. [Click here](#) for more information.

Fiona B selected to run for Wales

Fiona B, Year 11, has had a busy finish to the cross country season. [Click here](#) for more information.

Disney's Sponsored Walk for City Hospice

On Sunday 29th March, our very own Disney, accompanied by Mrs Toogood and Mrs Christ, will be joining City Hospice's Wag this Way walk in Bute Park. This is a 5km walk to raise awareness and funds for this very worthwhile charity. Further details, including how to register online and information on how to make a donation to sponsor Disney for this event, are available through the [City Hospice website](#). Alternatively, you can pick up a registration form from Main Reception.

Celebration Tea

On Thursday 12th March, I was delighted to host a Celebration Tea for Senior School students. [Click here](#) for more information.

Howell's alumna, Chloe, shortlisted for GDST Alumna of the Year

We are absolutely delighted that Howell's alumna, Chloe Smith, has been shortlisted for this year's prestigious GDST Alumna of the Year competition which is celebrating its 10th anniversary this year!

Chloe, who left Howell's in 2013, is the co-founder of the Bigmoose coffee shop – a coffee shop which has been expressly set up to mentor, train and employ vulnerable people in the city of Cardiff. The idea for the coffee shop came after Chloe had spent two years supporting the homeless population of Cardiff. Having volunteered at a soup kitchen, persuaded local restaurants to deliver hot meals, asked barbers and hairdressers to give haircuts to rough sleepers, and rallied the South Wales community to collect warm clothes and bedding, Chloe still wanted to do more. And so Bigmoose was born. After a Kickstarter fundraising campaign raised £30,000 in a week, Bigmoose opened its doors in March 2018, with all profits going to help homeless and other disadvantaged people get back into work and society. Bigmoose became a registered charity last year, with a focus on homelessness, mental health and prevention of suicide, and currently employs 22 people.

[Click here](#) for more information on all the finalists and to place your vote.

Have a wonderful weekend.

Sally Davis, Principal