



The **First 30** is a wellbeing programme designed to ensure that Year 10 students settle into their GCSE studies at Howell's Senior School with confidence. Over the **first thirty days** students will be introduced to the HeadsUp@Howell's programme and they will enjoy a variety of activities, presentations and events, supported by their form tutor.



NURTURING EXCELLENCE

Where girls can

Academic

- ▶ Introduction to GCSE by the Principal
- ▶ *What type of learner am I?*
- ▶ Introduction to the GCSE courses
- ▶ *How am I coping?* survey
- ▶ Study Skills for GCSE
- ▶ Target setting
- ▶ Habits of Mind re-enforced

Social

- ▶ Picnic Lunch
- ▶ Teambuilding event
- ▶ Wellbeing House event
- ▶ Wellbeing Programme

Co-curricular

- ▶ Clubs and societies
- ▶ Enrichment programme
- ▶ Music, Drama and Sport opportunities

Parental Engagement

- ▶ How to help your daughter at GCSE level
- ▶ The GCSE Parental Booklet
- ▶ A reminder about Firefly
- ▶ *A View from the Top*

Belonging and Wellbeing

- ▶ Introduction to Senior Leaders Team
- ▶ Introduction to House Captains
- ▶ Get to know your tutor
- ▶ Introduction to HeadsUp@Howell's
- ▶ The Big Sister Programme
- ▶ PSHE Wellbeing Carousel

Learning Tools

- ▶ Planners issued
- ▶ How can the Library support you at GCSE level?
- ▶ How can Firefly support you at GCSE level?
- ▶ Making use of your email account



H·S·L

HOWELL'S SCHOOL

Llandaff

YSGOL HOWELL

Llandaf

N U R T U R I N G E X C E L L E N C E



Girls' Day
School Trust

Where girls can