



Digital

PREP NEWSLETTER

9th - 13th October Michaelmas Term Newsletter Issue 5



Headmaster's Message

Dear Parents and Guardians,

World Mental Health Day on Tuesday this last week, helped keep to the fore, the importance of developing a resilient mindset. Afterall, resilient individuals are almost unquestionably better equipped to handle stress, face challenges head-on and maintain their mental and emotional wellbeing.

In school, we employ various strategies to support our children's mental health including fostering positive relationships, doing everything we can to adhere to a manageable routine and taking a genuine and heartfelt interest in each child, cultivating within each one of them a deep-seated belief that each of our children is special, unique and loved. Continuing the theme of resilience which was our launch point in September, a few points are listed below which you might like to consider deploying at home.

As we race at break neck speed into the last week of the half term, a short note of thanks for liaising with the Class Reps and Form Tutors effectively and positively. Parents Evenings lie ahead next week and the staff and I look forward to welcoming you into school to reflect on the conscientious endeavours of our young learners.

Yours faithfully,

Mr S Cartwright
Headmaster, St Edmund's Prep

Religious Theme

Racial Justice

How Can Parents Foster Resilience?

Model Resilience: Children learn by example. Show them how you handle challenges and setbacks with a positive attitude.

Build a Supportive Environment: Create a home where your child feels safe to express their feelings and talk about their problems without judgment.

Encourage Problem-Solving: Teach your child problem-solving skills and guide them through challenges instead of solving the problems for them.

Set Realistic Expectations: Help your child set achievable goals, and emphasize that mistakes are part of the learning process.

Promote Self-Care: Teach your child the importance of self-care, including physical activity, healthy eating, and relaxation techniques.

Foster a Growth Mindset: Encourage a belief that abilities and intelligence can be developed through effort and learning.

Celebrate Small Wins: Acknowledge and celebrate your child's achievements, no matter how small. This builds their self-esteem and resilience.

World News

It goes without saying that our hearts and prayers are with all those people affected by conflict, especially those in Israel and Gaza, some of whom our families or friends will know. In school so far with the children, current affairs haven't been explored directly. Assembly on Monday tackled the theme of racial justice, stressing the importance of respecting all people and points of view.

Outside of school though, there is a slight concern that children could, inadvertently or otherwise, be exposed to elements of the news, social media or adult conversation which might cause concern in young minds. A note therefore, for renewed vigilance in the use of technology, including what's in the news. Please remember all those affected in your prayers.

Quote

"It's up to all of us — Black, white, everyone — no matter how well-meaning we think we might be, to do the honest, uncomfortable work of rooting it out."

— Michelle Obama

Mr Cartwright's quiz

Q: Stratus, cirrus, cumulus and nimbus are types of what?

A: In next week's Newsletter

Q: How many years are there in a millennium?

A: 1000



INTER-HOUSE PERFORMING ARTS WEEK

FORMS 1-6

DRAMA - MONDAY 16TH OCTOBER
MUSIC - WEDNESDAY 18TH OCTOBER
DANCE - FRIDAY 20TH OCTOBER

We are looking forward to enjoying a wonderful week of celebrating the performing arts next week.

A few reminders:

Please may we ask for your help in reminding your child to remember any instruments, music, scripts, costumes or props on the appropriate days. The events cannot be carried over to other days as adjudicators have been booked for specific days and times.

Children entering the Drama or Dance events may bring costumes and props to enhance their performance. Dancers should speak to Miss McLauchlan about finding the music for their dances. Singers entering the Music section can bring a piano accompaniment or speak to Miss McLauchlan about finding a backing track.

Finally, please encourage your children to practise their piece before next week's competition, which promises to be a closely fought contest between the three Houses. Thank you.

A reminder of the format for each event:

DRAMA – Monday 16th

Forms One - Two are invited to perform a short mime (no speech, just actions to tell the story) - solo or in a group (maximum 5 children) - based on one of the following titles:

*The picnic

*The birthday party

Mimes should last no longer than around 1 minute.

Forms Three - Six are invited to perform an improvisation (using speech), solo or in a group (maximum 5 children), based on one of the following titles:

*At the theme park

*At the farm

*At the seaside

Improvisations should last no longer than around 3 minutes.

Costumes and props are encouraged, though not essential.

MUSIC – Wednesday 18th

Forms One -Six are invited to perform a piece on the piano and/or on another instrument(s) (including voice) - solo or in a group.

Pieces should last no longer than 2 minutes.

DANCE – Friday 20th

Forms One -Six are invited to perform a dance - solo, in a duo, or in a trio or group - in any style, to music of their choice.

Dances should last no longer than 3 minutes.

Head's Commendations

Paloma Hatton	Insightful answers
William Dodds	Positive attitude to learning
Ariana Payne	Maths
Lucy Berkley	English

Upcoming dates - October

Monday 16th	Inter-House Performing Arts - Drama
Tuesday 17th	Audiology Screening 5pm-8pm Parents Consultations
Wednesday 19th	Inter-House Performing Arts - Music
Thursday 20th	Form Two Titanic Day 5pm-8pm Parents Consultations
Friday 21st	Inter-House Performing Arts - Dance Half-term begins
Monday 6th	Return to School
Wednesday 8th	Reception - Form Six - Flu vaccine 3pm - U11 Netball v Duncombe - Home
Thursday 9th	3pm - U11 Football v Duncombe - Home 3pm - U9 Netball v St Aubyn's - Home
Friday 10th	3pm - U9 Football v St Aubyn's - Away 2pm - U11 Football v Loyola - Home

E-Safety

Following the visit of 'The 2 Johns' last week and their central message during their e-safety talks of creating an 'I can talk about it' climate for children, we are placing 'worry boxes' – and this includes digital worries - in classrooms for children who prefer to write or draw whatever is on their mind.

RE Questionnaire

Thank you to all the parents that completed the RE questionnaire recently. We had 58 parent responses. The results are overwhelmingly positive, and we welcome all the feedback that we were given. It was wonderful to read how many parents indicated that their children are happy in school, that their children feel safe and see the school as a joyful and welcoming community. It is also reassuring to read from the responses that parents are supportive of the Catholic ethos of the school and the Religious Education that your children are receiving. We are always looking at how we can improve as a school and as a Catholic community and so we are grateful for the suggestions that were made about using the newly refurbished Prep Chapel on a more regular basis. Please remember that you are always invited to join us for whole-school Masses and we would be delighted to welcome you there.

This week in the Prep

Harvest Liturgy

Our Chaplaincy Group planned and led our school's Harvest Liturgy. We started off with a sketch about sharing and how we have to be thankful for God's creation, acted by Sophie and Ruby. Next, there were some beautiful songs about harvest sung by Year Three, Four, Five and Six. After that, the chaplaincy group talked how you have to respect others and how you should give others a hand when they need one. The Harvest Liturgy was amazing and we are so proud of everyone! Thank you for all your donations to Buntingford Foodbank.

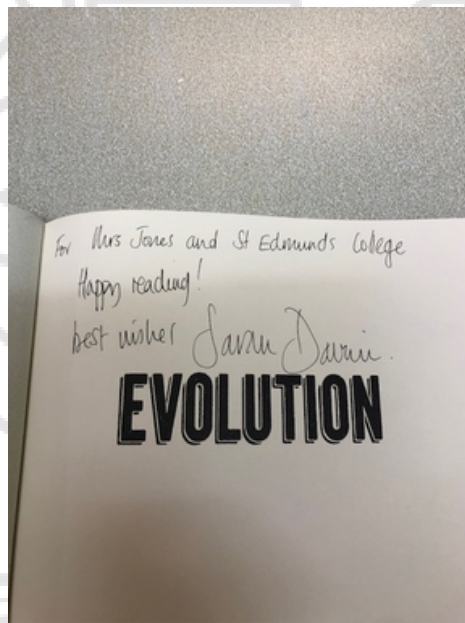
By Sophie Smawfield



Story time with Mr Cartwright

Mr Cartwright comes to read a story to Early Years most weeks. The children are always very excited to hear the stories he reads and the range of books he shares with the children. This week Rome was very excited to show Mr Cartwright a book that he had bought for the class and school. Rome had visited the Natural History Museum at the weekend and met the author Sarah Darwin who is the Great Great Granddaughter of Charles Darwin.

She kindly signed the book with a message for us all.





This week in the Prep

Relaxation

Form Two marked World Mental Health Day by taking part in some relaxation tasks. We took inspirations from cats who appear to sleep without a care in the world. We practised some breathing techniques, tensed our muscles, and relaxed them and had some moments of peace. We felt very relaxed afterwards and enjoyed the calm time to ourselves.



Photo of the Week

Nature Photography Project - Florie Curtis-Allen





This week in the Prep

National Poetry Day

The Prep celebrated 'National Poetry Day' with our annual Poetry Cup Competition. Children from Forms 1-6 performed poems in their classes and a selection of finalists were announced. The winners from each class had the opportunity to recite their chosen poems – some of which were written by themselves – to the rest of the school. From Shakespeare, A A Milne, Ogden Nash and Michael Rosen to tales of ice monsters, dogs, frogs and the changing seasons, there was something for everyone to enjoy.

All of the poems were wonderfully varied and delivered with confident, clear voices, impressing the judges - Mrs Fox (Speech and Drama), Mr Hay (Head of English, College) and Mr Cartwright. While the judges deliberated, the children were treated to performances by HPL students from the College. After an extremely tight contest, Minty was awarded the Pre-Prep cup for her 'Fat Cat' poem and, for the first time ever, there were joint Form 6 winners for the coveted Prep prize. The judges simply couldn't decide between Edward's hilarious performance of 'Strict' and Florence's magical 'Witches' spell' from Macbeth. Huge congratulations to all the children, who learnt a poem, and to the class winners, who each left with a poetry book prize. We are already looking forward to next year's event!

