



Digital

PREP NEWSLETTER

11th - 15th September Michaelmas Term Newsletter Issue 1

Headmaster's Message

Dear Parents and Guardians,

It's not necessarily always a great idea to single people out – how often so many important others can be forgotten – so please forgive me for thanking the Friends for their fabulous 'first' Welcome Back Fete. There are moments in the Prep calendar which children will always treasure and one of them is without doubt this beginning of term gathering. Thank you to you all for supporting it so successfully...and especially for the delicious cake! It gives us the confidence we need to look forward to the next event. Fingers crossed for fireworks in November.

In other news, our first full week of school passes and we settle enthusiastically into new routines. In school our thoughts and devoted actions are child-facing and I wondered whether you might find the article on coping with anxiety useful. This was helpfully given to us, by one of our parent body.

Open Day on Saturday – we cannot wait to welcome prospective families into our midst – thank you for donations of time and your children's help on this annual occasion. This event will dominate the Saturday of course but the Sunday – well, that's still 'free' in the Cartwright domestic calendar and I am pretty serious about getting the bikes out – watch out family!

Avita Pro Fide

Mr Steven Cartwright

Learning to cope with change (and anxiety)

During our welcome night we considered the importance of rooting ourselves in the moment and not letting our minds wander too far ahead or even going too far into the past. The following technique, which has proven results for at least one of our parent body is here as something for you to consider.

Before starting this exercise, pay attention to your breathing. Slow, deep, long breaths can help you maintain a sense of calm or help you return to a calmer state. Once you find your breath, go through the following steps to help ground yourself:

- 5: Acknowledge FIVE things you see around you. It could be a pen, a spot on the ceiling, anything in your surroundings.
- 4: Acknowledge FOUR things you can touch around you. It could be your hair, a pillow, or the ground under your feet.
- 3: Acknowledge THREE things you hear. This could be any external sound. If you can hear your belly rumbling that counts! Focus on things you can hear outside of your body.
- 2: Acknowledge TWO things you can smell. Maybe you are in your office and smell pencil, or maybe you are in your bedroom and smell a pillow. If you need to take a brief walk to find a scent you could smell soap in your bathroom, or nature outside.
- 1: Acknowledge ONE thing you can taste. What does the inside of your mouth taste like—gum, coffee, or the sandwich from lunch?

Quote

"The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails."
— William Arthur Ward

Religious Theme

The Triumph of the Cross

Mr Cartwright's quiz

Q: What name is given to the spear thrown in athletics in competitions such as the Olympics?

A: In next week's Newsletter



Head's Commendations

Martha Wylie	Working through problems and 'realising' in maths
Minty Forbes	Hardworking in all areas
Henry Bell	Perseverance in reading

Upcoming dates - September

Tuesday 19th	9am - 10.30am - Phonics Curriculum Morning - EYFS - Form 2 - Prep Hall
Wednesday 20th	U11A & B Netball v St Joseph's In The Park - Away 3pm - U11 A & B Football v St Joseph's In The Park - Home
Thursday 21st	U10A & B Netball v Stormont - Away
Friday 22nd	U11A Football ISFA East Regional Tournament - Away

School photos are now ready to view. Please see the leaflet that was sent home with your child last Friday for more information.

Breakfast like a Champion

One or two parents have asked whether we might open the Breakfast Club doors to accompanying parents in the mornings. We would like to accommodate this on a trial basis and hope that it helps. Breakfast would of course be changeable at the flat rate of £5 and will be added to your end of term bill. We would ask that parents expect to be registered each session, for fire and safeguarding reasons, and be happy with sitting separate to the small group of children who attend each day. We hope that this might help and will review its uptake at Christmas. If you think you can handle a bacon roll or like a bowl of porridge in the morning, register your interest and book using wraparoundcare@stedmundscollege.org

E-Safety

Keeping children safe online is a priority for us all.

At the Prep we recommend:

- setting firm boundaries around phone usage, or no phone at all
- setting parental controls on devices, regularly talking to your child about their online activity and continued vigilance, including checking their phone regularly
- checking the age-appropriateness of any apps or games children are using (for many the age-rating is 13+)
- talking to your child about kindness online and explaining they should treat people with the same respect with which they would treat people in person.
- reminding your child to tell a trusted adult straightway if they see or hear something online that worries or upsets them

Thank you for working with us to help keep children safe online.



This week in the Prep

Down in the forest

In our Forest School session this week we decided to explore the school grounds. We put our wellies and waterproofs on and made our way to the back of the school. The children made the most of the open space and ran to the other side of the field. After winding through the trees, we came across Bath Pond. We decided it wasn't for swimming so we didn't go too close to the edge. We thought about the different animals that might be living in or on the water.





This week in the Prep

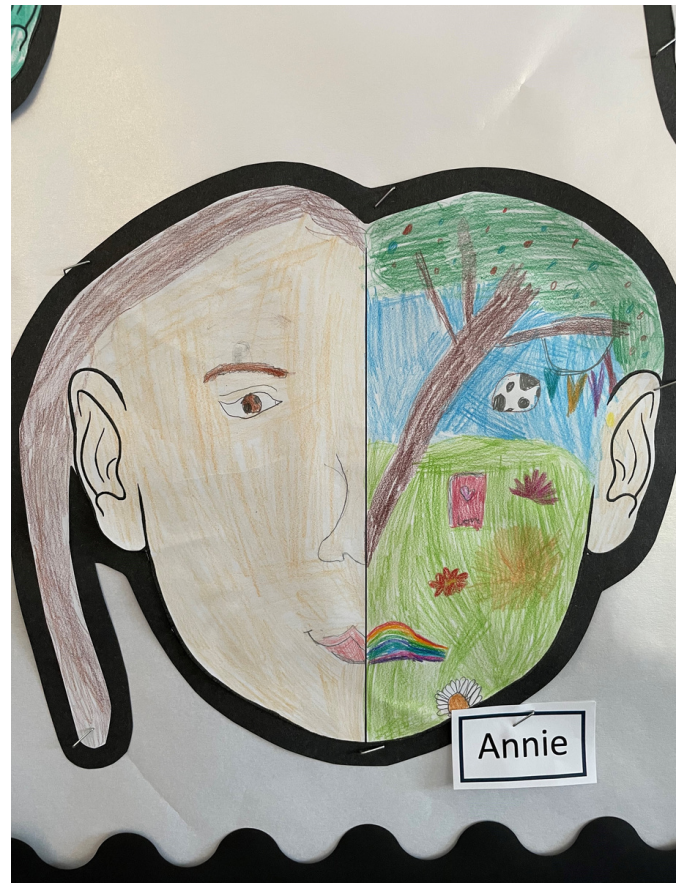
Team Work

Form four have been thinking about how they can improve their Teamwork, Leadership and Communication skills by completing a variety of different tasks and challenges in PSHE. The tasks have included The Marble Run, Stepping Stones and the infamous Hoofing Hawser! Future tasks are to include Square the Circle, Blind Field and the Human Bridge.



What makes us unique

Form four have been thinking about what makes us unique. We have all drawn a self portrait showing what we look like on the outside on one side and, on the other, all of the things that we enjoy and what makes us special.





This week in the Prep

Australian Aboriginal Art

Form two had a great art lesson this week. We are looking at Australian Aboriginal art and we created pictures using the Indigenous Australian dot style of painting. We used a range of colours to create our paintings and thoroughly enjoyed learning from Miss Dee.



Busy in Form 6

Form six were inspired by the wonder of their outdoor surroundings, writing prayers of thanks to God and recognising ways in which to demonstrate they are stewards of creation. They put their HPL skills of analysing and linking to good use by creating historical timelines of key events.





Performing Arts



INSTRUMENTAL AND SINGING TUITION



Music lessons with the team of College and Prep VMTs (Visiting Music Teachers) started on Monday. Over 80 weekly lessons have now been timetabled. As far as is possible, lesson times are rotated weekly to avoid missing the same curriculum lesson. Each Monday, Form Tutors receive a list of lesson times for the pupils in their classes for the week ahead and these are displayed daily in classrooms. All children who are new to the Prep have been shown where to go for their music lessons. If any child has a question about the time or location of their lesson, they should speak to Miss McLauchlan (Prep Director of Music), to their Form Tutor or to the Office staff.

Accompanying this week's newsletter, please find information about how to access the Parent Portal for the online music tuition request form and for checking the times of your child's music lessons for the week ahead.

Please note that there is a notice period of a terms (10 weeks) for terminating lessons. Questions about music lessons can be directed to Miss McLauchlan at the Prep. Please copy in the Music School Administrators on musicadmin@stedmundscollege.org

Photo of the Week

Aperture (Depth of Field) Photography Project - Scarlett Rudman

