



# Digital

## PREP NEWSLETTER

5th February - 9th February Lent Term Newsletter 4

### Headmaster's Message

Dear Parents and Guardians,

There is a lovely but quiet porter on the staff team here who wears an odd pair of football socks with shorts every single day of the year. Having worked with him for over a year, I only noticed the socks this morning whilst walking the dog. I'm not sure why, but it gave me a feeling of joy. Presuming that it's a deliberate effort, attaboy, for standing up and putting yourself out there. It reminds me of the old adage that being authentic inadvertently gives another the licence to be themselves. Authenticity is what gives us variety and variety is, the spice of life, maybe, the joie de vivre.

The children's attendance at school on Monday, resplendent in their own odd socks, was a timely reminder of the uniqueness of each one of us and of how we should always go the extra mile to look for the good in everyone, being mindful that each one of us is a reflection of God's love. Continuing to fill our children's cups full of adulation (within reasonable parental bounds) is no bad thing as we strive to place sure ground beneath the children's feet. Thank you for your partnership in nurturing the children, with the staff team, in this respect.

Next week we will be immersed in the season of Lent and be devoting ourselves to prayer, to giving or taking something (positive) up and to alms giving. For the many who opt in to the discipline the season offers, Lent can be a powerful time of personal and spiritual growth through which the real meaning of our lives and the things and people that are important to us, become clear. In school we will mark Ash Wednesday with Mass and refreshments in the Refectory afterwards and you are welcome to attend. Please indicate, for catering purposes, your intentions via the link included in the newsletter.

Of course, it all begins with pancakes on Tuesday so let's not forget those of course and yes – the annual pancake race too!

Yours sincerely,

Mr S Cartwright  
Headmaster, St Edmund's Prep

### Quote

"Without leaps of imagination, or dreaming, we lose the excitement of possibilities. Dreaming, after all, is a form of planning".

Gloria Steinem

### Religious Theme

Care of the Sick (Our Lady of Lourdes)

### Mr Cartwright's quiz

Q: How many teeth does an adult human have?

A: In next week's Newsletter

Q: How many noses does a slug have?

A: Four! These noses (or tentacles) help slugs find food.

### Stay connected



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# Head's Commendations

Theodore Bussmann	Excellent Behaviour
Ophelia Easton-Brewer	Excellent Behaviour
George Stark	Maths
Jude Foley	Excellent Behaviour
Sofia Mazgutova	English
Elsie McPherson	English
Sophie Smawfield	English
Finn Verleg	Maths

## Upcoming dates - Next week

Tuesday 13th February	12:30pm - Shrove Tuesday Pancake Race - Astro
Wednesday 14th February	2:30pm-3:30pm - Ash Wednesday Mass followed by refreshments - College Chapel
Thursday 15th February	1:00pm - Forms 3-6 Inter-house quiz 3:15pm - U9 Girls Football v Stormont - Home 3:45pm - U9 Boys Hockey v Bishop's Stortford College - Home
Friday 16th February	Wear your Pyjamas to School Day in support of Centrepoint Charity 2:00pm-3:30pm Nursery Stay and Play

## E-Safety

### [Safer Internet Day](#)

National Safer Internet Day took place on Tuesday 6th February. This annual event aims to raise awareness of a safer and better internet for all, especially for children and young people. The theme this year was: '[Inspiring change, making a difference, managing influence and navigating change online](#)'. During the three House Assemblies this week, teachers led internet safety assemblies, which included tips for how to stay safe when things change online, e.g. if something pops up on the screen, or if settings in a game change:

- Talk to a trusted adult.
- Ask them before you download something new.
- Tell them about the things you see online, especially if you are worried or upset.
- Turn your device off, over or pause it. You don't need to keep watching something if it's upsetting you.
- Ask them to show you where the block and report button is and for help to use it.



## Ash Wednesday Mass

Next week is our Ash Wednesday Mass in the College Chapel at 2.30pm. Parents are welcome to come along and stay afterwards for a cup of tea or coffee, if they wish. Please can you complete the form by clicking on this link <https://forms.office.com/e/dyQAQm0xWi> to confirm whether you will be attending.



## Wear your Pyjamas to School Day

On Friday 16th February it is Wear your Pyjamas to School Day in support of Centrepont Charity. Please can we ask that no slippers are worn. Children will need to bring their games kits in to school to change into.

## Polite reminders

### Breakfast Club

Please ensure that parents and guardians remain with their children, until they are greeted by a member of staff, when Breakfast Club opens at 7:30am.

### Stationery

At the start of the academic year, we provided a list of stationery items which children were asked to bring in from home. There are an increasing number of children coming into school without stationery. Please can you ask your children to check that they have everything listed below within their school bags. This will encourage them to be more independent.

#### Stationery requirements

Pencil case containing:

- Blue writing pens
- Pencils
- Highlighter
- Eraser
- Enclosed pencil sharpener
- Ruler
- Colouring pencils
- Glue stick.





## This week in the Prep

### Odd Socks

The Reception class proudly showed off their odd socks for anti-bullying week. We have been talking about how to be a good friend. We thought of being kind, being gentle, helping people when they fall over and joining friends if they are alone. We sorted some images of children being kind and unkind and we realised that all of the children in our class were kind!



### Liturgy

Form Three enjoyed a child-led Liturgy this week. Three Heenan planned the Liturgy together and decided on the theme 'Peace'. It was a beautiful and peaceful time for the year group to share together and reflect.







## This week in the Prep

### Healthy Eating

Forms One & Two were fortunate to have a guest speaker from Chartwells deliver a fantastic talk, touching upon various aspects of maintaining physical and emotional well-being. During the talk, we were introduced to the concept of emotions and the fact that they can differ from person to person. Marni introduced breathing techniques that can be practised helping calm the mind whenever we encounter overwhelming emotions or need to regain our composure. One of the key learning points of the session was the significance of a balanced diet. We discovered the "Eat Well Guide" and explored different types of foods that benefit our bodies and brains, ultimately affecting how we feel. We have decided to encourage to aim for consuming five different fruits and vegetables every day, staying hydrated by drinking plenty of water, engaging in regular exercise, cultivating reading habits, acquiring new skills, and ensuring we get sufficient sleep. To further put this knowledge into practice, we had a tasting session and an opportunity to try some healthy and nutritious snacks. We enjoyed yoghurt, pumpkin seeds, and sunflower seeds, which are excellent sources of essential nutrients.





## Performing Arts

### Shrek the Musical Jr Auditions for Form 6

A reminder that the auditions are taking place on the afternoon of [Monday 12th February](#). If any children are absent on the day, we are going to arrange an alternative time for them.

The children were given their scripts and song lyrics for the auditions last week and have been introduced to these in class or during a catch-up session for those who were absent at the time. We encourage [all children in Form 6](#) to audition for speaking and singing parts. However, if children prefer, they may choose to audition for speaking roles only. As usual for a show, casting decisions are based solely on the auditions and not on other factors.

Good luck to all!

## Photo of the Week

Portrait Photography Project - Elana Levy

