



4 April 2025



“Be yourself... be unique” ~ Mrs Delf, SENDCo

This week, our thought of the week has been **“Be yourself... be unique.”** At BPS we celebrate every pupil as an individual, with their own special talents and interests, and, as such, have a richly diverse community. We have children with special talents in sports, music or drama, and some children who have other super talents such as being organised, meticulously neat, who have incredible levels of emotional intelligence... or perhaps a combination of lots of skills! However, watching your bright, talented daughter struggle with everyday tasks can be frustrating; she may have trouble with organisation, following instructions, or managing emotions. This could be due to a lag in "executive functioning skills."

What Are Executive Functioning Skills?

These skills, managed by the prefrontal cortex, include:

- Working Memory:** Holding and manipulating information
Cognitive Flexibility: Adapting to new situations and perspectives
Self-Control: Managing impulses and emotions

How to Help Your Daughter:

- ❖ Clearly define task steps
- ❖ Set time limits
- ❖ Use planners
- ❖ Explain the reasons behind tasks
- ❖ Explore different learning methods (e.g. mind maps, apps)
- ❖ Establish routines
- ❖ Use praise and rewards





Kindergarten and EYFS: Enhancing Cognitive Skills

During this period, children's cognitive skills mature rapidly. Their curiosity drives them to explore and learn from their surroundings.

Activities to Support Development:

- ✓ **Crafts and Building:** Improve fine motor skills, planning, and problem-solving.
- ✓ **Creative Play:** Introduce different perspectives (e.g. role-playing as a doctor or teacher).
- ✓ **Storytelling:** Enhance listening, memory, and retelling skills.
- ✓ **Songs and Movement:** Coordinate words and physical movements.
- ✓ **Puzzles and Mazes:** Develop attention, working memory, and cognitive flexibility.

Primary School: Addressing Challenges

As children grow, executive function skills become crucial for academic success. Poor executive skills can impact focus and emotional regulation.

Supporting Executive Functions:

- **Organised Sports:** Promote focus, teamwork, and rule-following.
- **Strategic Games:** Enhance planning, patience, and problem-solving.
- **Chores and Projects:** Teach responsibility and organisation.
- **Mindfulness, Yoga, Martial Arts:** Manage impulsiveness and develop self-awareness.

Remember, executive functions develop throughout life. As a parent, your support and encouragement are vital in helping your child grow these skills. **Thank you for working in partnership with us.**

Parents' Information Board

WC 21 April

Monday	SCHOOL CLOSED: BANK HOL
Tuesday	Summer Uniform to be worn
Wednesday	Y6 Trip
Thursday	Reception Trip
Friday	Lower School Art Day Prep Quidditch Day

Afterschool Clubs

Tuesday 22 April

Yoga and Mindfulness – Y1 & Y2
Chamber Choir

Wednesday 23 April

Recorder Club Y1 & Y2
Art Club Y3 – Y6
Multi sports – Y3 – Y6

Thursday 24 April

Drama Club Y1- Y2
Drama Club Y3 – Y6
Recorder Club Y3 – Y6

Friday 25 April

Lacrosse Y3 – Y4
Orchestra Y3 – Y6
Mandarin Y1 -Y2
Mandarin Y3 – Y6

All other clubs will start the following week.

Y5 Morning Sessions will run on Wednesday and Thursday in the first week back.

A thought
TO START
YOUR WEEK

The best way to
predict the future is
to invent it.



**Happy, Healthy,
Safe School**

**Looking smart, acting
smart, being smart**

The BPS Society



Hello, BPS friends! I had an amazing time at your Easter Scavenger Hunt this week! The beautiful weather and all your happy faces made it so special. I loved seeing you running around completing the challenges and enjoying your chocolate treats! 🍫 🐰

A big thank you to the BPS Parent Society for inviting me and to all the volunteers for making it such a wonderful success. Wishing you all a joyful Easter filled with a few more chocolate treats!

See you next time! **The Easter Bunny** 🥕 🐰 ❤️



A huge thank you to our incredible Preloved Uniform team! The recent uniform sale raised an amazing **£816**, helping to fund the Easter Scavenger Hunt and other initiatives. We are proud to be supporting a more environmentally friendly approach to school uniforms and your generosity and commitment make a real difference!



Please watch this space for more info about a preloved costume sale.

Don't forget to purchase your BPS Ball tickets – info further down the newsletter.



What a show!!

On Tuesday and Wednesday, our Y3 and Y4 pupils wowed audiences with their incredible performance of

Mystery at Magpie Manor

Their acting skills truly shone as they brought their characters to life with energy and expression. The dances were intricate and challenging, making every routine a joy to watch. The singing was equally impressive, with both year groups delivering stunning performances.

So much work went into the production of *Mystery at Magpie Manor*, and a huge congratulations and thank you to Mr Gee, Mrs Stiles and Mrs Fan for their quiet dedication, allowing the girls to demonstrate their enthusiasm and immense talent!

Well done to all – a great team effort!

Performing Arts Team



Y5 Residential

An Unforgettable Adventure

After an action-packed few days at **Condover Hall**, our Y5 girls arrived back today, tired but absolutely beaming with pride! Their residential trip was filled with adventure, laughter, and personal achievements, as they embraced every challenge with enthusiasm and determination.

From scaling the climbing wall to conquering treetop exploration, working together in team challenges, the girls continuously pushed themselves beyond their comfort zones. They climbed higher, stretched further, and supported one another every step of the way. Their resilience and positive attitudes were truly inspiring, and it was wonderful to see their confidence grow with each new experience.

With sunshine blessing their time away, spirits remained high throughout. The girls showed impeccable manners, kindness, and respect, representing Bowdon Prep with pride. Reflecting on the experience, Mrs McGrath commented, "I am so proud of the girls; they embody all of the values of BPS. It was a privilege to witness their growth, both as individuals and as a team."

As they return home for a well-earned break, they can reflect on their achievements with a huge sense of pride. The past few days have been filled with smiles, encouragement, and unforgettable memories. Whether facing fears, cheering on friends, or simply soaking in the beautiful surroundings, the girls made the most of every opportunity. For our staff, it was a privilege to witness their growth, both as individuals and as a team. Well done, Y5—you are truly amazing!



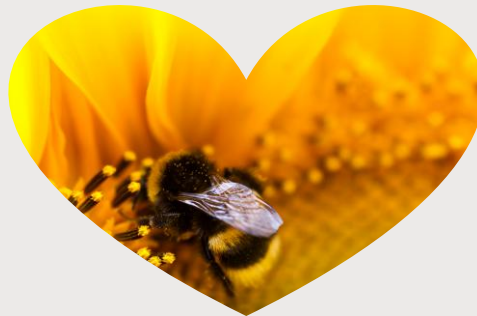


BeePS visitors

On Thursday, we had a very special visit from 30,000 bees and their Queen who decided to form a Prime Swarm in our EY playground, high up in one of the trees.

A Prime Swarm occurs when a new Queen Bee is born and the old Queen has to find a new place to live. This process can take a few hours to a couple of days as the bees search for the perfect home for their Queen. Fun fact: all the bees involved in this process are female - Girl Power!

The bees belong to our lovely neighbour, Steve Coomber, who rehomed the bees back in his garden. Steve also kindly gifted a jar of his honey to KG in preparation for their bee project. The Kindergarten and Reception girls watched this from the safety of the classroom, but the visit certainly created a buzz around school!



£1.00 pound each on
parent pay

BREAK THE RULES

1. Wear your own clothes or pyjamas



2. Bring a teddy



3. Bring in crisps as your snack
NO nuts.



4. Crazy hair style (bring a bobble
just in case it gets in the way)

5. Wear a small transfer tattoo on your hand



6. Wear a headband or tiara



7. Bring in any school bag



8. Write in any colour pen (not felt tip and only for prep)



9. Bring juice in your bottle



10. Wear nail polish but it has to be off by
Tuesday or there will be a £1.00 fine



Break The Rules Day Friday 2 May.

After a whole school unanimous vote
Break the Rules day is back!!

Pupils can select to break any or all 10
rules and each broken rule will incur a
£1 fine! A register will be taken on the
day to note which rules have been
broken. Fines can be paid on parent
pay under 'break the rules.'

And remember NO school on the
following Monday 5 May – Enjoy!!

The School Council dedicate
this prestigious award
each week during the
Celebration Assemblies

Staff Updates



Staff of the week

Has been awarded to

Mrs Gee - We love your enthusiasm for learning and you teach us so much with your guidance and support.

Mrs Stiles - we love all your music lessons and performances in school, you are so talented, thank you for encouraging us to do our best.



Uniform Notice Board

- Please remember, **summer uniform to be worn** when school returns after the **Easter break**. Dresses can be worn with white tights if the weather is cold. Winter uniform will be worn when school returns in September with the option to wear a short sleeve blouse if weather is warm.
- On PE days, **stud earrings should be removed or covered with tape BEFORE your daughter arrives in school.** Participation in PE may be affected if this Health and Safety requirement is not adhered to.

Uniform can be ordered online -

www.pascoeandwillis.com/bowdon-preparatory-school - Password: BPS24

Uniform Shop opening hours at BPS:

Tues 22nd Apr: 8.10am – 9am

Wed 23rd April: 8.10am – 9am

Thurs 24th April 8.10am – 9am

Please click [here](#) to see the uniform policy.

Summer					
BPS blazer	✓	✓	✓		
BPS red rain jacket	✓	✓	✓		
BPS summer dress	✓	✓	✓		
BPS summer panama hat		✓	✓ Y3/4		
BPS red summer hat	✓				
BPS cardigan	✓	✓	✓		
White ankle socks	✓	✓	✓	Undershirt	



Mrs Abbey's Menu of the Week

Wc 21 April 2025



Monday	School closed		
Tuesday	Cheese, Tomato or Carbonara Pasta	Broccoli	Cornflake Cake
Wednesday	Pizza	Sweetcorn Baked Beans	Fresh Fruit or Yoghurt
Thursday	Chicken or Veggie Escalope Crispy Potatoes	Peas	Orange Cookies
Friday	Pork or Veggie Sausages	Green Beans Baked Beans	Chocolate Cupcakes

BPS is a nut and sesame seed free school

However, due to manufacturing processes, some products used in the school kitchen state that they 'may contain nuts/sesame'.

Vegetarian options, salad bar, fruit and yoghurts are available daily.

All our food is made using the finest quality produce. Suppliers include Taylor's of Sale (butchers) and 'Bettaveg'.

If you provide grapes as a school snack, for health and safety - PLEASE cut grapes in half lengthways or in quarters

The BPS / APS Unity Ball
16 May 2025

Tickets are going fast for the APS/BPS Unity Ball.

Don't miss your chance to enjoy this black-tie event at Stock Farm on 16 May where you will enjoy good food, great entertainment and fundraise for our amazing BPS Society. Everyone is welcome!

Tables and individual tickets are available to buy but are going fast. To book, please follow the link below and include 'UNITY' after your name in the payment reference.

<https://apssociety.hopp.to/unityball>

We can't wait to celebrate with you all!

Best wishes, The BPS Society

BPS **APS**
STUDIIUM VINCIT

THE UNITY ball

A night of glitz & glam

FRIDAY | MAY 16TH | 7.30PM- 1AM
£70 PER TICKET
STOCK FARM BARN, ASHLEY ROAD
Tickets on sale from 9am Friday 7th March

- ★ A Night of Indulgence & Entertainment
- ★ 3-Course Exquisite Dining – A feast to remember
- ★ Live Band & DJ – Dance the night away
- ★ Spectacular Entertainment – Expect the unexpected! ★

Once upon a smile

This event is being organised by the APS & BPS society
proceeds from the evening's auction are being donated to Once upon a Smil



Easter Holidays at Bowdon Prep, Free First Day for New Parents!

Just a reminder that the **Easter Holiday Club** at Bowdon Prep, run by **School of Play**, starts **next week** and a particular rabbit has been helping them prepare.

  **Watch Peter Rabbit Prepare for Easter Camps Here:**

<https://youtube.com/shorts/qQra23Xk0H4>

If you haven't booked your child's place yet, there's still time.

School of Play - Offers

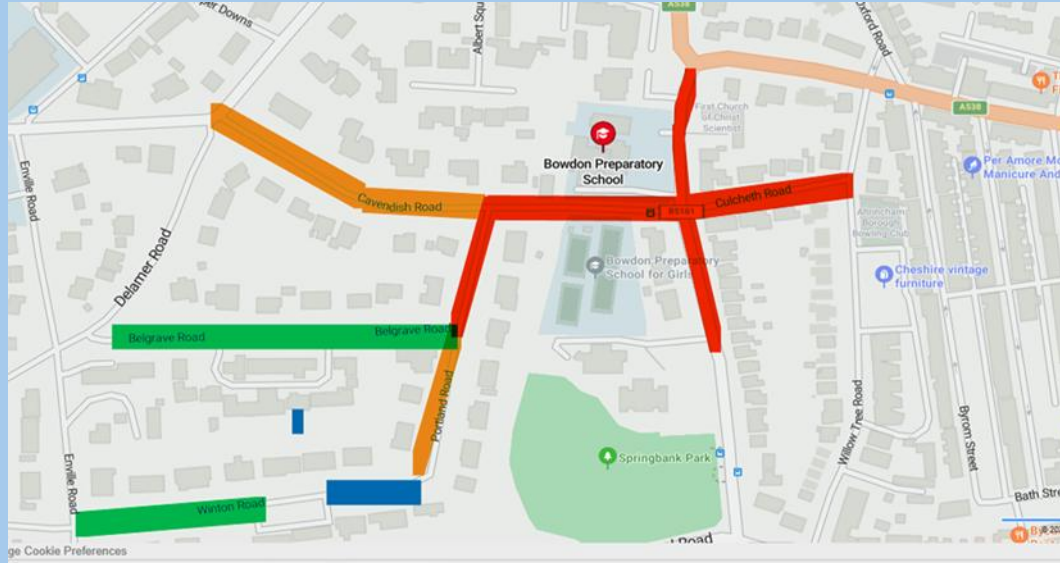
▶ **First-time users get their first day FREE!** Claim Here: <https://forms.office.com/e/fX8uKtPpnE>

▶ **100% money-back guarantee** – No questions asked!

Don't miss out on a week full of **exciting activities, fun, and new friendships.**

Secure your child's spot here: <https://schoolofplay.ipalbookings.com/>

Parents' Information Board



Please continue to show kindness to our school neighbours, ensuring cars are not parked over driveways and by not parking on roads we have noted as red.

Please do not drive or turn into the staff car park, as this compromises the safety of pupils, parents and staff.

Thank you for your cooperation.

Wishing you a wonderful weekend...

#Be Bowdon
#Be You!



Sports Board