

26TH SEPTEMBER 2025

BOWDON

BULLETIN

ALLERGY AWARENESS

Working together to support allergy awareness, medical safety, and a caring environment where every child can thrive.

CELEBRATION CIRCLES

A new way of coming together

SAFEGUARDING: TRUSTED ADULT

Helping every child to feel safe, supported, and able to turn to a trusted adult

**BELIEVE
PERSEVERE
SUCCEED**

www.bowdonprep.org.uk

office@bowdonprep.org.uk



COMMUNICATION. CURRICULUM. CARE.



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Working Together - Allergy
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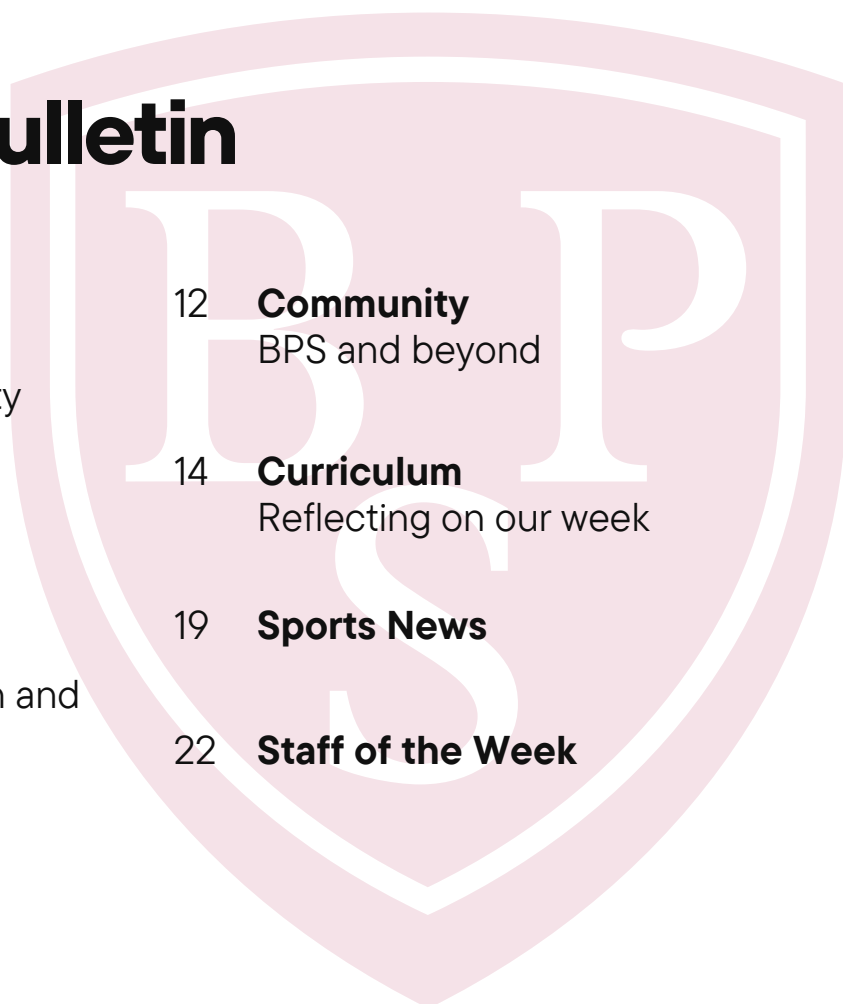
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Happy school, Healthy school, Safe school

Working together to support allergy awareness, medical safety, and a caring environment where every child can thrive.



At Bowdon Prep, our priority is ensuring that every girl feels protected, cared for, and able to thrive. A big part of this is keeping our school **nut-free and sesame-free**. For some children, even the smallest trace of these foods could cause a severe reaction. That's why we ask all parents to check carefully when preparing packed lunches, birthday treats, or teacher gifts, as these items cannot be brought into school. It may feel like a small step, but it makes an enormous difference to the safety and wellbeing of our pupils.

We also want to make sure any medication brought into school is managed safely. Please ensure it is clearly labelled with your child's name and the correct dosage on the box, and handed to the school office so it can be added to our records. This allows staff to provide the right care when it's needed and ensures peace of mind for both children and parents.

If your daughter requires medication for travel sickness, please let us know so we can make the right arrangements.

By working together in these ways, we are showing kindness, respect, and responsibility – values that sit at the heart of our school community. These shared efforts not only keep our girls safe, but also help create an environment where every child feels included, valued, and able to enjoy their school days with confidence. With your continued support, Bowdon Prep will remain a truly Happy, Healthy, and Safe School – a place where every child can flourish, make memories, and grow with confidence.

Thank you for your ongoing support in helping us keep every child safe and cared for.

Mrs. McGrath

Phase Leader - Upper Prep

Looking Ahead: Next Week

Thought of the Week

Gratitude lightens the wait;
patience sweetens the reward

Happy school, Healthy school, Safe school

Healthy eating



Mrs S Makepeace-Taylor
Headteacher



Safeguarding at the Heart of Bowdon Prep

Helping every child to feel safe, supported, and able to turn to a trusted adult

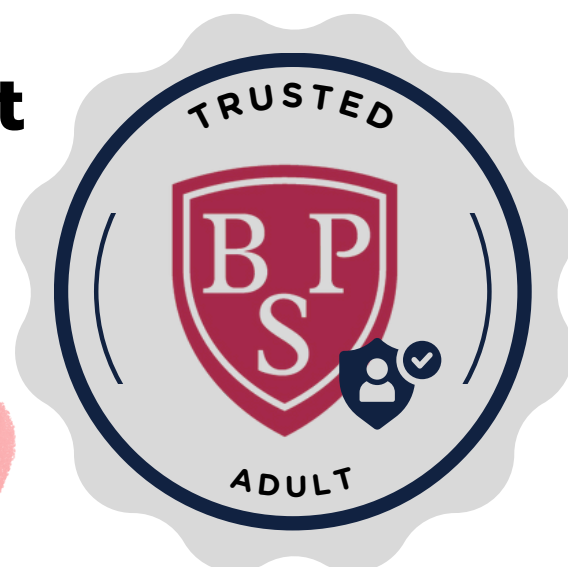
As our pupils settle into the new academic year and become familiar with their routines, we want to reassure you that safeguarding and pupil welfare remain our highest priority at Bowdon Prep. Safeguarding is not just a policy; it is at the heart of everything we do, and every decision we make has your child's wellbeing in mind.

Throughout the school day—whether in PSHE lessons, circle times, assemblies, or countless everyday interactions—we talk to pupils about their feelings, their friendships, and the importance of speaking out. We want every child to know they will always be respected, listened to, and taken seriously.

Their voice matters, and we are committed to making sure they feel confident to share anything that is worrying them, no matter how big or small. A key part of this is helping pupils to identify their trusted adults—the people in their lives they feel comfortable turning to when they need support.

Trusted adults may include parents, grandparents, class teachers, teaching assistants, lunchtime staff, or other adults in their wider world such as sports coaches, club leaders, neighbours, or family friends.

By encouraging pupils to think about who these people are, we ensure that every child can build a small network of trusted adults who they know will listen and help. In school, staff regularly remind pupils that they can talk to any adult if they are worried, and that all concerns will be taken seriously.



We make this clear through age-appropriate lessons, displays around the school, and ongoing conversations in classrooms and assemblies. We also encourage children to think about who outside of school they might speak to if they ever need help at home or in the community.

We warmly encourage families to continue these conversations at home. Please take time to sit with your child and talk about who their trusted adults are. Reinforce that there is no problem too small to share, and that asking for help is always the right thing to do. Having these conversations regularly helps children build resilience, confidence, and a sense of security.

Together, as a school community, we can ensure that every pupil feels safe, supported, and valued. If you ever have any concerns—about your child or another child—please do not hesitate to reach out to a member of our safeguarding team. Our door is always open, and safeguarding remains the responsibility of us all.

Mrs. Hughes
Designated
Safeguarding Lead
Head of Sport

**To view our
Safeguarding Team -
see the next page!**



Safeguarding Team@



Bowdon Preparatory
School for Girls

If you have a welfare concern
about a child, speak to one of our
safeguarding team without delay



MRS S HUGHES
DESIGNATED
SAFEGUARDING LEAD



MRS S MAKEPEACE-TAYLOR
DEPUTY DESIGNATED
SAFEGUARDING LEAD



MRS G OAKLEY
EARLY YEARS
SAFEGUARDING LEAD



MRS C DELF
DEPUTY DESIGNATED
SAFEGUARDING LEAD



MRS H ODIOWEI
OUT OF SCHOOL HOURS
SAFEGUARDING LEAD



**BELIEVE
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SUCCEED**

COMMUNICATION. CURRICULUM. CARE.

BPS GIRLS: SAFEGUARDING IS ABOUT



Feeling safe at school
and at home



Being listened to



Protecting everyone
from harm



**REMEMBER: NO
WORRY IS TOO
SMALL. WE ARE
HERE TO HELP!**

**NEED SUPPORT? SPEAK TO A
TRUSTED ADULT**

BPS SAFEGUARDING POSTER



This poster is proudly displayed throughout the school as a constant reminder for our girls about the importance of trusted adults. Alongside the poster, we have shared clear messages to help the children understand who a trusted adult is within our school community.

We reinforce that every member of staff is a trusted adult, ensuring that the girls know they can always approach any adult in school with confidence if they need support, guidance, or reassurance.

Communication

Key Dates





NEXT WEEK

At a glance...

**WB 29TH
SEPTEMBER**

Please note: Y3 reviews will take place this week

*After School Clubs
cancellations.*

**MON
29**

Harvest donations to be brought into school - thank you!
(See list on P.9 for details)

**TUES
30**

Harvest Assembly for pupils only (Y1-6)

**WED
1**

**THUR
2**

Early Years Harvest Assembly for KG and Reception parents - 9am

**FRI
3**

MONDAY

Y5 Netball



TUESDAY

...

WEDNESDAY

THURSDAY

FRIDAY

Autumn Term 1 - 2025

Key Dates at a glance

September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 InSeT	2 InSeT	3 School opens Winter Uniform Y5 Study Skills Day	4	5
8	9	10	11	12
15 11+ Trafford Exam	16	17	18 Y3 Trip	19 Loreto Exam BPS Society meeting
22	23 <i>Rosh Hashanah</i> Nasal Flu Vaccinations	24	25	26 World Space Day
29 Harvest Donations into school	30 Y1-Y6 Harvest Festival - Pupils only			



Why not print and add
the Club/Activities that
your child/children
attend here...

MONDAY

Y1 & Y2 Dance
(Y5 Netball)
Y2 Art
Y3 Baking

TUESDAY

Y1 & Y2 Yoga
Y5 & Y6 Chamber Choir
Y3 Baking

WEDNESDAY

Y3 - Y6 Multi Sports
Y3 - Y6 Choir
Y3 - Y6 Art
Rock Band

THURSDAY

Y6 Netball
Y1 - Y6 Drama
Y3 - Y5 Street Dance
Y1 & Y2 Recorder Club

FRIDAY

Y3 - Y6 Yoga
Y3 - Y6 Full Orchestra
Y1 -Y6 Mandarin

October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2 <i>Yom Kippur</i> EY Harvest - 9am parents invited	3
6	7	8	9 Individual school photos	10
13	14 Parents' Evening & Book Fair	15 Y5 trip Book Fair	16 Parents' Evening & Book Fair	17 <i>Diwali</i> School closes for Half Term

FOLLOW US

SUPPORTING SOUTH TRAFFORD FOODBANK THIS HARVEST

We are delighted to let you know that our school will soon be celebrating our annual Harvest Festival. This is always a special time of year when we come together as a community to give thanks for the food we enjoy and to remember those who may be in need.

As part of our celebration, we are once again supporting South Trafford Foodbank, who are extremely grateful for the continued generosity of our BPS families. Your donations will help provide essential supplies for local families who rely on this service.

This year, we kindly ask each year group to contribute the following items:

- **Kindergarten:** Toothbrushes and toothpaste
- **Reception:** Biscuits (no nuts) or a box of chocolates (no nuts)
- **Year 1:** Toilet rolls
- **Year 2:** Instant mash or tinned ham
- **Year 3:** Shower gel and shampoo
- **Year 4:** Washing capsules (for clothes), washing powder, cleaning cloths
- **Year 5:** Tins of fruit, custard, rice pudding
- **Year 6:** Jars of coffee or plastic bottles of squash/cordial

Please send donations into school in a labelled bag (with your child's year group and type of items) on **Monday 29th September**, or by **Tuesday 30th September** at the latest.

All contributions will be displayed during our Harvest Festival Assemblies on Tuesday 30th September and Thursday 2nd October, before being delivered to South Trafford Foodbank on Friday 3rd October.

Thank you, as always, for your kindness and generosity.



BPS SOCIETY NEWS

Donations Needed: Help Build Our Costume Bank!

The BPS Society is building up a preloved costume bank for parents to purchase for school events. Firstly -Victorian Day costumes for Y5 needed before the end of September.

Following this, we will ask for donations for Nativity, Y3 Waxworks & World Book Day.

Please leave clean, labelled donations and pre loved uniform in Bella Bench. Thank you!



BPS UNIFORM

Our wonderful BPS Society sell pre-loved uniform throughout the academic year with all funds raised going towards our school. The next sale will be during the next Parents' evenings.

To **purchase new uniform**, the BPS Uniform Shop will be open this week on;

Tuesday 8.10am - 9am

Thursday 8.10am - 9am

You can email victoria@pwschoolwear.com to arrange a fitting appointment or you can purchase online (local delivery is free)

<https://www.pascoeandwillis.com/bowdon-preparatory-school>.

Password: BPS24





MRS. ABBEY'S LUNCH



WB 29.09.25

MONDAY



*Paneer or Chicken Curry, Rice and Naan Bread
Broccoli
Sorbet*

TUESDAY



*Veggie or Beef Lasagne with Garlic Bread
Green Beans
Fruit or Yoghurt*

WEDNESDAY



*Jacket Potato with various fillings
Salad Bar
Carrot Cake*

THURSDAY



*Veggie or Meatball Pasta
Peas
Iced Sponge Cake*

FRIDAY



*Quorn or Chicken Strips Paninis
Sweetcorn
Flapjack*

Salad Bar available each day

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



BPS is a nut and sesame seed free school

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

Fruit and yogurt are available daily as an alternative to desserts. All our food is made using the
finest quality produce, suppliers include Taylor's of Sale (Butchers) and 'Bettaveg'.



MRS. WARD TAKES ON THE MANCHESTER HALF MARATHON

Mrs. Ward is preparing to take on her very first half marathon – the Manchester Half Marathon, which takes place on Sunday, 12th October – in memory of her amazing mum. She has set up a JustGiving page to raise money for charity and is hoping for as much support as possible.

“Any donation you can give will help, and I’m utterly grateful for it,” she shared.

Donating through JustGiving is quick, easy, and secure. Once you donate, the money goes straight to the charity, making it the most efficient way to give.

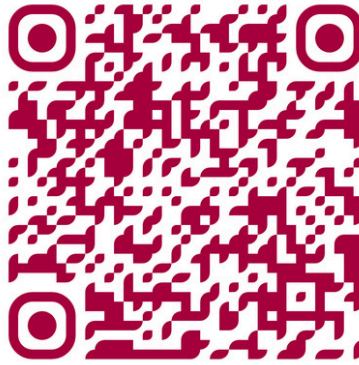
If you’d like to support Mrs. Ward in this special challenge, please visit her JustGiving page. Every contribution, big or small, will make a real difference.

COMMUNITY BAKE SALE - NATIONAL GOOD NEIGHBOUR DAY

MHA Handsworth is delighted to be hosting a Community Bake Sale on Monday 29th September in celebration of National Good Neighbour Day.

 Handsworth, West Road, Altrincham WA14 2LA

Come along, enjoy some delicious bakes, and connect with your local community—we’d love to see you there!



THANK YOU!

Scan here or Google ‘Rachael Ward in memory of Susan Roberts, Just Giving’

Thank you



BPS FUNDRAISERS: SUPPORTING WILDLIFE AND THE COMMUNITY

Two of our pupils, Iqra and Samaiya, have been busy raising money for causes close to their hearts. Over the summer, Iqra raised £150 to support WWF’s work with sea turtles, while Samaiya raised more than £400 to help protect tigers and polar bears.

Last year, instead of birthday gifts, both girls organised collections for Trafford Food Bank, showing their generosity and care for the local community.

Most recently, they completed the Chester Zoo Run for Nature, raising funds to support the endangered Nubian giraffe.

Reflecting on their efforts, Mrs. McGrath said: “We are incredibly proud of Iqra and Samaiya. Their kindness and determination to make a positive difference set a wonderful example to everyone in our school community.”

What's on

AT WATERSTONES ALTRINCHAM



Court of the Dead Release Party Sunday 21st September 10am

If you have ever wanted to feel like a part of Camp Half-Blood now is your chance! We will be making our own Camp Half-Blood inspired necklaces, designing our own flags, doing a quiz and more!

Tickets are £3 or £16m99 available via our website. Please note this is an authorless event.



Adventuremice Activities with Reeve and McIntyre Wednesday 8th October 4pm

Adventuremice creators Philip Reeve and Sarah McIntyre join us for some after school Adventuremice fun! Lots of fun stories, drawing and activities for ages 5+!

Places are free but limited. Get in touch to book a spot.



Bunny vs Monkey Comic Club Saturday 18th October 10am

Join us to celebrate the release of the newest Bunny vs Monkey adventure with comic creation and activities.

Places are free but limited. Get in touch to book a spot.



Trick or Treat with Piers Torday Thursday 30th October 6-7pm

Join us for an evening of spooky fun with bestselling author Piers Torday who will be talking about his new book Midnight Treasure. There'll also be Halloween themed activities and fancy dress is very much encouraged!

Places are free but limited. Get in touch to book a spot.



Read and Make Sunday 5th October 10am Sunday 19th October 10am

We'll share a story then enjoy some colouring and crafts. Ideal for approx 3-7yrs.

Places are free but limited. Get in touch to book a spot.



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@WaterstonesAlty



@WaterstonesAltrincham

Curriculum

Reflecting on our week at BPS





Celebration Circles: Together we shine

Last Friday, Bowdon Prep proudly launched Celebration Circles — a new way of coming together in assembly to share ideas, reflect, and celebrate achievements.

In Celebration Circles, girls from Years 3, 4, 5 and 6 sit together in mixed-age teams around a hoop.

Circle Captains Lead with Care

Each circle is led by a Year 6 Circle Captain, whose role is to care for and support the younger members of their group. When a question is asked, circles have the chance to discuss, listen and contribute as a team — helping every child find their voice while learning to value the thoughts of others.

Respect and Care Across Prep

It was wonderful to see the girls mixing together so respectfully and showing genuine care for one another. The approach reflects Bowdon Prep's values of Commitment to Excellence, Working Together, and Care for All — encouraging pupils to listen attentively, speak kindly, and celebrate each other's efforts.



Community to Celebrate

Mrs. Makepeace-Taylor said: "It was inspiring to see how quickly the girls embraced Celebration Circles. Our Circle Captains led with maturity and kindness, setting a wonderful example of care and leadership."

Celebration Circles are set to become a special part of our weekly assemblies — a chance for every pupil to be heard, to connect across year groups, and to celebrate the achievements of our school community.





Out of This World Learning at BPS

On Friday 26th October, Bowdon Prep pupils launched into an afternoon of discovery as we celebrated our World Space Afternoon. Lessons were transformed into space-themed learning, with each year group taking part in exciting, creative, and thought-provoking activities.

In Reception, the girls explored planets and rockets through space dough play, while Year 1 enjoyed making imaginative Space Queen headbands. Year 2 investigated the history of space travel, piecing together a timeline of key events.

Year 3 pupils shone in both music and drama, composing a theme tune for a new space programme before acting out scenarios of a moon landing gone wrong – complete with leaders, worriers, and bossy astronauts!

Meanwhile, Year 5 became journalists, writing their own newspaper reports about space exploration, and Year 4 impressed with digital timelines charting mankind's ventures beyond Earth. Year 6 explored the science of stars and constellations

STEM activities added plenty of hands-on excitement, with girls designing and launching homemade baking soda rockets. Even PE joined the theme, as pupils played space-inspired games – dodging asteroids and using “magnetic fields” to defend themselves.

A highlight of the day was the planetarium, which ran throughout and gave every pupil the chance to experience the wonders of the solar system. Inside the dome, the girls gazed at stars, planets, and galaxies, with many describing it as an unforgettable experience.

World Space Afternoon was, without doubt, a stellar success – one that left our pupils inspired and curious about the universe beyond.



Five ways to build your child's resilience

By Dr. Sandi Mann, Senior Psychology Lecturer at the University of Central Lancashire

Children thrive on routine, predictability and boundaries - when they lose these factors in the long-term, and the reasons why can often be unavoidable, it can be a difficult time for parent and child. However, as parents, there are ways to help them not only cope, but prosper during these times.

The key to managing this is in helping them develop their resilience. Here are five ways to do this...

Help them manage uncertainty

Parents can help their children feel safe and secure during uncertain times by helping them recognise that life is actually less certain than they think – but this is okay. In fact, it can be exciting not knowing exactly what will happen – surprises can sometimes be nice!

Remind them of times when unexpected events in their lives turned out to be great. Keep a journal with them of all uncertain things in their lives and note how they turn out. They won't all turn out to be good, but that's okay too (see the second tip). For example, that time when their grandparents turned up unexpectedly, when they saw a friend during a walk in the park, or when they found a treasured toy on sale in a charity shop. All these are examples of uncertainty and can help your child to start seeing an uncertain future as less threatening.



NOTICE: This article is taken directly from the **BBC's Parents' Toolkit**. To read directly from the BBC, scan the QR code on the next page.

Empower children



Resilient children are able to make age-appropriate decisions about the things that affect them. All parents want to protect their kids – it's part of the job description, but when we try too hard to protect them from life's bumps we can do more harm than good to their developing resilience.

When parents make choices for their child and are over-involved in their lives, children learn that they can't trust themselves and grow up believing that others always know better. Part of being resilient is learning to become independent and to trust in our own abilities – whilst asking for help where appropriate.

If they turn out to not be happy with their choice, help them accept responsibility for that so that they learn that they're largely accountable for their own happiness and achievements. You can do this by praising them for shrugging off bad choices or by helping them to live with them, for example you could say, 'maybe you wish you'd chosen the other meal but yours is great because it has roast potatoes – and next time you'll know to make a different choice.'

How to cope with set-backs

Not all unexpected events are good of course, and building resilience is about helping children cope with disappointment and things going wrong. Encourage your kids to talk about feelings and emotions so that they can recognise and label the feelings of disappointment and frustration that are normal reactions to set-backs. Help them to name these feelings when they notice them.

Show them that set-backs are an important part of life and lead by example – talk openly about things that have gone wrong in your life and demonstrate how to bounce back.

Note their set-backs (such as a cancelled birthday party) in a special book and look at what they can learn from them; would they do things differently in future? Or have they learned a new skill-set? Learning from set-backs is the key to raising resilient children and looking back over the list over a period of time can help them to grow from these events.

Embrace mistakes

Resilient children are less afraid of making mistakes and more prepared to take risks – because they can cope with having got it wrong. Explain how we don't always know the answers or the right way to behave, but we can make the best choices we can – and accept if we get it wrong. This means showing them that mistakes are great ways to learn and are part of what makes us human.

You could even encourage them to make mistakes. Whether that be with homework, or craft projects or creating a new dish for supper – encourage them to take risks. Show them that making mistakes helps us learn – how will they know that sprinkling in a chosen

spice creates an unpleasant taste if they don't try, or that adding red to the paint won't give them the hue they were after unless they experience it for themselves?

Again lead by example and don't let them see you beating yourself up for making a mistake – remove 'I should have...' from your vocabulary and change to 'I could have...'

Challenge Beliefs

Finally, resilient children develop helpful, rather than unhelpful, ways of thinking. Examples of unhelpful thinking styles include catastrophising (assuming the very worst will happen), black and white thinking (seeing things only as either good or bad), ignoring the positives (dismissing when good things happen and only focusing on when bad things happen), fortune-telling (assuming they know what is going to happen) and over-generalisation (assuming that because something happened once, it will always be that way).

Challenge these beliefs by explaining the flaws in their thinking styles and that we all make such thinking mistakes sometimes and helping them see alternative perspectives that may be equally valid.



SCAN HERE

The BPS Learning Hub

Quick Links. Smart Learning.

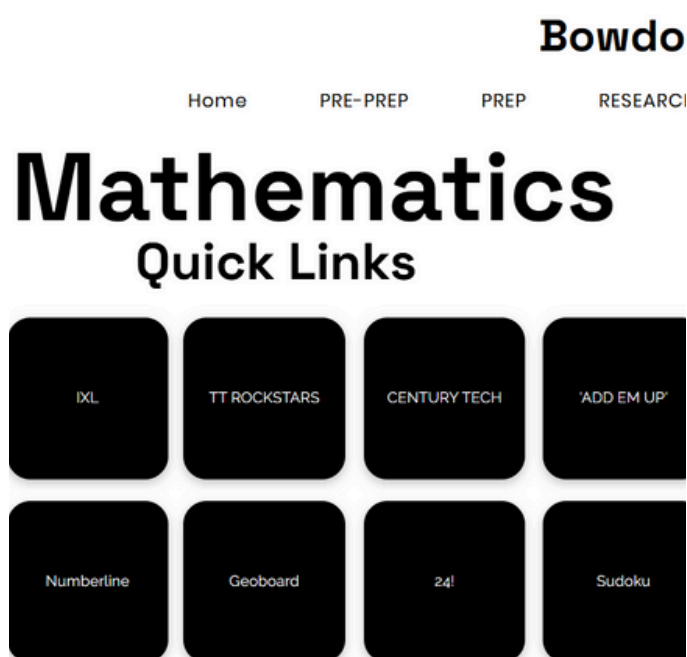
Whenever the girls open a browser in school, they are prompted to visit the BPS Learning Hub. Built in-house, this one-stop site provides quick and easy access to the resources we use most often, both in school and at home.

The Hub includes links to Century Learning, IXL, and TTRockstars, as well as safe search engines, maths games, NVR videos (visit the Prep section for these), and even calming meditation clips. In short, if we use it in school, you'll find it on the Hub!

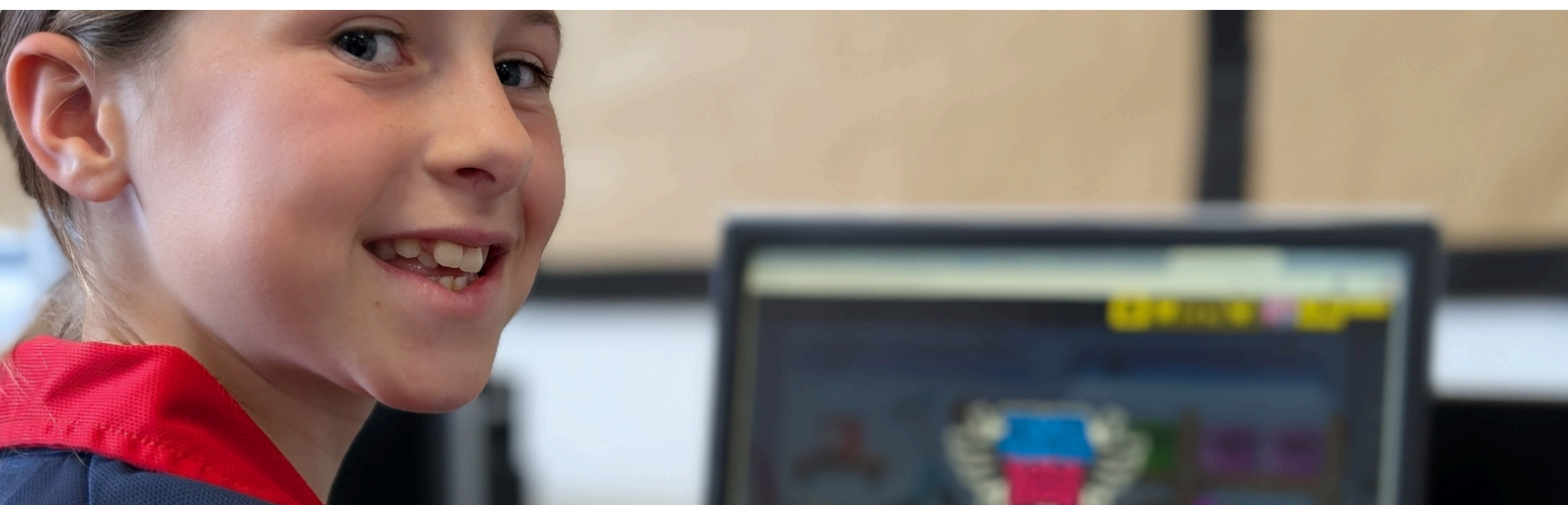
Why not add the Hub to your child's device at home? It's a fantastic way to encourage independence with homework and is especially useful for pupils who are new to BPS.

We'll continue to develop the Hub throughout the year, and we'd love your input. If there are resources you feel would benefit our girls, please do get in touch with us.

www.bpslearninghub.org



Maths Bot - Qu





Sport
@BPS

BOWDON SPORT

INTER-YEAR RIVALRY AT BPS!

Year 5 and 6 Netballers Shine

It has been a fantastic week of netball for our Year 5 and 6 girls, with two thrilling sets of fixtures showcasing skill, teamwork, and determination.

On Monday, our netballers faced off in an inter-year game that brought plenty of Bowdon Prep rivalry to the court. Both matches were closely contested, keeping supporters on the edge of their seats. Year 5 just edged the wins on this occasion, with the A team securing a nail-biting 14–12 victory at the final whistle, while the B team triumphed with a 3–1 result.

On Thursday, our A teams travelled to Cheadle Hulme in glorious sunshine for two highly competitive matches. Year 5 impressed with a dominant 25–4 win, while Year 6 battled hard but were edged out 14–3. Across both games, the girls displayed superb passages of play, accurate shooting, and determined defending, highlighting not only their individual skills but also their excellent teamwork and sporting spirit.

Players of the match for this week were Florence, Charlotte, Giuliana and N

Mrs. Hughes commented, "It was wonderful to see so much passion and energy from all of the girls. They showed great sportsmanship, and it was particularly exciting to see the younger players stepping up so confidently."



Mrs. Baxter added, "The progress the girls are making each week is impressive. Their teamwork and commitment on the court really shone through, and I'm so proud of how they represented the school."



UPCOMING FIXTURES

MONDAY 29 SEPTEMBER:
YEAR 5/6 FIELD LACROSSE
MATCHES V WITHINGTON GIRLS
AND MORETON HALL - AWAY AT
WITHINGTON

THURSDAY 2 OCTOBER:
YEAR 6 NETBALL V WITHINGTON
GIRLS (HOME)

NO YEAR 6 NETBALL CLUB ON
THURSDAY 2 OCTOBER DUE TO
MATCH COMMITMENTS



***BELIEVE. PERSEVERE.
SUCCEED.***

Staff of the Week

Each week, the School Council presents this prestigious award during the Celebration Assemblies



Miss. Adams

Miss Adams is the best teacher, she is so kind and happy and we LOVE her French lessons! Merci, Miss Adams.

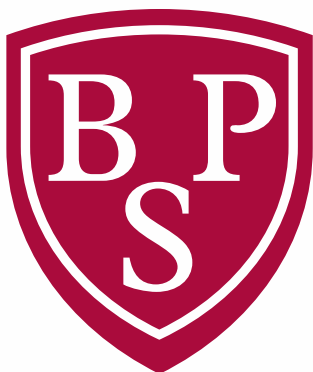


Mrs Jaber

Mrs Jaber is so much fun, she looks after us and is so kind. She helps us to read and learn our phonics. You are amazing! Thank you.



BOWDON PREP SCHOOL



**BELIEVE
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ASHLEY RD, ALTRINCHAM, WA14 2LT