

10TH OCTOBER 2025

BOWDON

BULLETIN

WORLD MENTAL HEALTH DAY AT BOWDON PREP

Supporting Wellbeing Across
Our School Community

INSPIRING LEADERS

Year 6 Embark on Their Leadership
Journey at Bowdon Prep School



www.bowdonprep.org.uk



office@bowdonprep.org.uk

COMMUNICATION. CURRICULUM. CARE.



AT A GLANCE: In this week's Bulletin

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World Mental Health Day at Bowdon Prep

Supporting Wellbeing Across Our School Community

On Thursday 10th October, we came together to mark World Mental Health Day with a celebration of kindness, positivity, and reflection. At Bowdon, well-being is at the very heart of all that we do, and this special day gave our pupils and staff the opportunity to pause, reflect, and shine a light on the importance of looking after our mental health.

Throughout the day, we explored what mental health really means and how we can all play a part in supporting one another. The children enjoyed a variety of activities designed to foster kindness and positivity. Kindness Coupons were shared to celebrate thoughtful and caring actions spotted around school, helping us to 'catch kindness' in action. Some pupils also created their own positive affirmation and decorated pebbles with uplifting words and phrases, leaving little tokens of encouragement to be discovered across our school grounds.

To add to the sense of unity, everyone wore something yellow, the colour of happiness and optimism, and Mrs Abbey treated us all to a special yellow-themed sweet treat which certainly brought many smiles!

The staff community also played an important part in marking the day. Staff were gifted a meeting-free lunchtime to pause and recharge, and teachers also baked and shared homemade treats in the staffroom, creating a lovely sense of community and connection. A new Calm Space was also opened: a dedicated retreat for quiet reflection, meditation, or simply a moment of stillness. In a busy school environment, where staff are constantly giving their energy to others, this space is a gentle reminder of the importance of rest and balance.



Our philosophy at Bowdon Prep is clear; children learn best when they feel calm, safe, and happy. As educational psychologist Daniel Goleman writes, "Emotional well-being is not just a side benefit to education; it is the foundation of learning itself." Similarly, research by the Mental Health Foundation shows that positive mental health enhances motivation, concentration, and social connection – all of which underpin effective learning.

However, well-being is not just something we celebrate on special occasions, it is woven into the very fabric of our school day. From morning greetings, circle times, and mindfulness breaks, to opportunities for kindness, play, and reflection, our approach reflects our core value of Care for All. We care for ourselves, for one another, and for our community, ensuring that the girls at Bowdon Prep flourish both academically and emotionally.

At Bowdon Prep, we truly believe that when well-being comes first, everything else follows.

National Services & Charities

- Childline – 0800 1111 – Free, confidential support for children and young people.
- YoungMinds – [youngminds.org.uk](https://www.youngminds.org.uk) – Advice for children, young people and parents on mental health, plus a Parents' Helpline (0808 802 5544).
- Place2Be – [place2be.org.uk](https://www.place2be.org.uk) – Emotional support and resources for schools, children and families.
- NSPCC – [nspcc.org.uk](https://www.nspcc.org.uk) – Information and helpline for safeguarding, well-being, and child protection concerns.
- Kooth – [kooth.com](https://www.kooth.com) – Free online counselling and peer support for young people.
- The Mix – [themix.org.uk](https://www.themix.org.uk) – Support for under-25s on mental health, relationships, and life challenges (helpline 0808 808 4994).

Helplines for Parents & Families

- Family Lives – 0808 800 2222 – Advice and support for parents on a wide range of issues.
- Anna Freud Centre – [annafreud.org](https://www.annafreud.org) – Guidance and toolkits for parents and schools on supporting mental health.
- The Charlie Waller Trust – [charliewaller.org](https://www.charliewaller.org) – Mental health resources for parents on a variety of issues which affect young people.
- Samaritans – 116 123 – 24/7 support for anyone struggling to cope (including parents).

Further Support for Families

We know that conversations about mental health can sometimes feel overwhelming, so we want to make sure our families know where to go for trusted advice and support. Below are some helpful services and organisations:

NHS & Government Services

- NHS Every Mind Matters – [nhs.uk/every-mind-matters](https://www.nhs.uk/every-mind-matters) – Practical tips and resources for children's and adults' mental health.
- CAMHS (Child and Adolescent Mental Health Services) – Local NHS service for specialist mental health support (referral via GP or school).
- MindEd – [minded.org.uk](https://www.minded.org.uk) – Free online training and resources for families and professionals supporting children's mental health.



Miss Powell
Head of Wellbeing/ PSHE
Year 3 Form Teacher
English Teacher

Looking Ahead: Next Week

Thought of the Week

"Be the kind of leader you would follow"

Happy school, Healthy school, Safe school
Rest, sleep and exercise



S Makepeace

Mrs S Makepeace-Taylor
Headteacher

Communication

Key Dates





NEXT WEEK

At a glance...

**WC 13TH
OCTOBER**

Activate (BPS Wrap around care) will run as normal during Parents' Evening sessions. If you require childcare during your appointment, please book a session in the usual way

*After School Clubs
cancellations.*

MON

MONDAY

TUES

Lockdown Drill
Book Fair
Parents' Evening
Pre-loved Uniform Sale

TUESDAY

WED

Year 5 Trip
Book Fair

WEDNESDAY

THUR

Y4-6 Swimming ISA Swimming Gala
Book Fair
Parents' Evening
Pre-loves Uniform Sale

THURSDAY

Netball - Y6
Drama Y1 - Y6
Street Dance Y3 - Y5

FRI

School closes for
half-term holiday
(end of school day)

FRIDAY

Autumn Term 2025

Key Dates at a glance

October



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

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

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

November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <i>School opens</i>	4	5 Y5 Residential Zoom	6	7 Y2 Trip BPSS Disco
10 Rec Walk	11 Class Reps Y6 Outward Bound Zoom - 6pm	12	13	14 Anti Bullying/Odd Socks/ Children in Need
17	18 Open Morning - Prospective Parents	19 Y5 Trip	20	21
24	25	26	27 Y4 Trip	28 Prep Theatre trip

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

FOLLOW US





IMPORTANT SAFEGUARDING NOTICE: CHILDREN'S "SPY" BOOKS

We want to make you aware of a recent issue affecting some popular children's books by Andrew Cope, including the Spy Dogs, Spy Cats, and Spy Pups series.

Some editions of these books include a printed web address at the back. This link used to go to the author's website, but the domain is no longer under his control. It has since been taken over by another party and now leads to inappropriate adult content.

The publisher, Puffin, has paused sales and distribution of the books and is working with schools, libraries, and retailers to remove copies from circulation. They have stressed that the website has no connection to the author or publisher.

What this means for you:

- If your child has any Spy Dog, Spy Cat or Spy Pups books at home, please check the back for website links and make sure they do not try to visit the site.
- It is safe for children to continue reading the stories themselves – the concern is only with the outdated link.
- We recommend talking with your child about the importance of not following web addresses in books without checking with an adult first.

We will continue to share updates from the publisher as more information becomes available.

**BELIEVE
PERSEVERE
SUCCEED**



COMMUNICATION. CURRICULUM. CARE.

Mrs. Hughes
Designated
Safeguarding Lead



SCHOOL COUNCIL INTRODUCES EXCITING NEW PLAYGROUND GAMES

Our School Council have been working hard to make playtimes even more fun! Thanks to money raised from last year's successful Break the Rules Day, the team have introduced a range of new playground games for everyone to enjoy at lunchtimes.

From Giant Jenga and Giant Connect 4 to hula hoops, skipping ropes and chalk for creative play, there's something for everyone. The girls are thrilled to have these traditional games available, helping them to develop their social skills, work together and, most importantly, have fun!





MRS. ABBEY'S LUNCH



WC 13.10.25

MONDAY



*Pasta with various sauce options
Broccoli
Orange Cookie*

TUESDAY



*Quorn or Chicken Roast Dinner
Roast Potatoes and Vegetables
Fresh Fruit or Yogurt*

WEDNESDAY



*Quorn or Chicken Escalope
Crispy Potatoes and Peas
Gingerbread Man*

THURSDAY



*Pizza
Baked Beans and Sweetcorn
Mango and Orange Sorbet*

FRIDAY



*Veggie or Pork Sausages
Green Beans and Baked Beans
Cupcake*

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'.

BPS SOCIETY NEWS

Christmas Wreath-Making Evening – In Support of Our New Playground Fund!

The BPS community is invited to wonderfully festive evening hosted by local florist Bloom and Gorgeous Flowers, where you'll create your very own **12" scented Christmas wreath** to proudly hang on your front door throughout the season.

Using British foliage and decorations on a willow base, all materials are compostable – making this a sustainable and stylish way to celebrate.

You'll receive all tools, materials, and expert tuition, ensuring a relaxed, hands-on experience perfect for getting into the Christmas spirit. Not only will you leave with a beautiful handmade wreath, but you'll also be helping raise funds for our school playground!

27 November 2025

School Hall

£45 - Parent Pay from Monday





BPS SOCIETY NEWS

THE ANNUAL BPS HALLOWEEN AFTER PARTY DISCO FRIDAY 7 NOVEMBER

It's that time of year again – the much-anticipated **BPSS Spooky Disco** is just around the corner!

Friday 7 November

Years 1–3: 3.45 – 4.45pm

Years 4–6: 5.15 – 6.15pm

£10 per ticket. The children will enjoy an evening filled with treats, games, prizes, DJ and plenty of dancing.

Tickets are available to purchase via ParentPay Further details have been shared through the Reach More Parents App.

We can't wait to see all the children dressed in their spookiest costumes, ready for a night of fun and frights.

KG and Reception children are invited to wear bright colours and hair accessory on the disco day!

BPS SOCIETY NEWS

Help Build Our Costume Bank!

The BPS Society is building up a preloved costume bank for parents to purchase for school events.

Please leave any donations and preloved uniform in Bella Bench.
Thank you!



BPS UNIFORM

We sell pre-loved uniform throughout the academic year with all funds raised going towards our school.

The next sale will be during the Parents' evenings.

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

Tuesday 3.15-5.30pm (during Parents' Evening)

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



Curriculum

Reflecting on our week at BPS





Inspiring Leaders: Year 6 Embark on Their Leadership Journey at Bowdon Prep

There is a wonderful sense of pride and purpose around Year 6 this term as the girls step confidently into their new leadership positions. Leadership lies at the heart of the Bowdon Prep ethos, and this year's cohort have embraced the opportunity to make a meaningful contribution to school life.

At the start of the academic year, each pupil reflected on her strengths, interests, and ambitions before applying for the position that most inspired her. The available roles represent a breadth of opportunities designed to nurture initiative, creativity, service, and responsibility.

Applications were thoughtfully reviewed by staff, and following careful discussion, appointments were made to ensure every leader could truly flourish. Each position carries its own distinctive responsibilities, from organising inter-house events and leading charitable initiatives, to promoting wellbeing, supporting learning, and inspiring creativity through the arts.

Now, four weeks into their roles, the girls have already made an impressive start. They have begun planning house competitions, assisting in assemblies, supporting library and charity projects, and helping younger pupils with



enthusiasm and maturity. Their commitment, teamwork, and positivity are evident in everything they do

The leadership programme at Bowdon Prep is much more than a title — it's an opportunity to cultivate essential life skills. Through their roles, pupils are developing confidence, communication, empathy, initiative, organisation, and creative problem-solving. They are learning what it means to lead with kindness, to collaborate effectively, and to inspire others by example.

These young leaders stand as role models within our community, embodying Bowdon Prep's core values of Caring for All, Working Together, and Commitment to Excellence. Their enthusiasm and sense of purpose already set a shining example for others to follow.

As a school, we are immensely proud of the dedication and progress shown by our Year 6 leaders during these first few weeks. We look forward to seeing their leadership journeys unfold, confident that they will continue to make a positive and lasting impact on life at Bowdon Prep.



Meet Our Year Six Leaders!



House Captains



School Council



Art Captains



Reading Champions



Sports Captains



Performing Arts Captains



STEM Captains



Citizenship Captains



Charity Captains





Year 2 Watch Their Caterpillars Transform into Butterflies

Year 2 have been busy caring for some very special visitors over the past few weeks – their caterpillars! The girls worked hard to make sure the caterpillars were safe, warm and well-fed, carefully watching them grow and change each day.

Excitement built as the caterpillars made their way into their chrysalises, and, over the weekend, the children were delighted to discover that the chrysalises had burst open to reveal beautiful butterflies. The butterflies are now enjoying a healthy diet of fresh fruit as Year 2 continue to care for them.

Mrs. Hill said, "The girls have shown such kindness and responsibility in looking after the caterpillars. They have learned so much from this experience, and it has been wonderful to see their amazement as the butterflies emerged."

Year 2 will soon be releasing the butterflies into the wild – a fitting end to a very special project.



The BPS Learning Hub

Quick Links. Smart Learning.

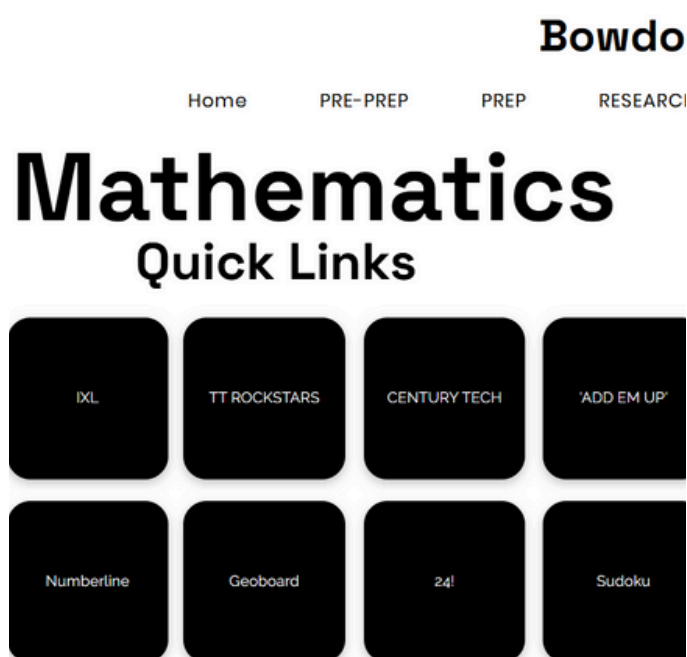
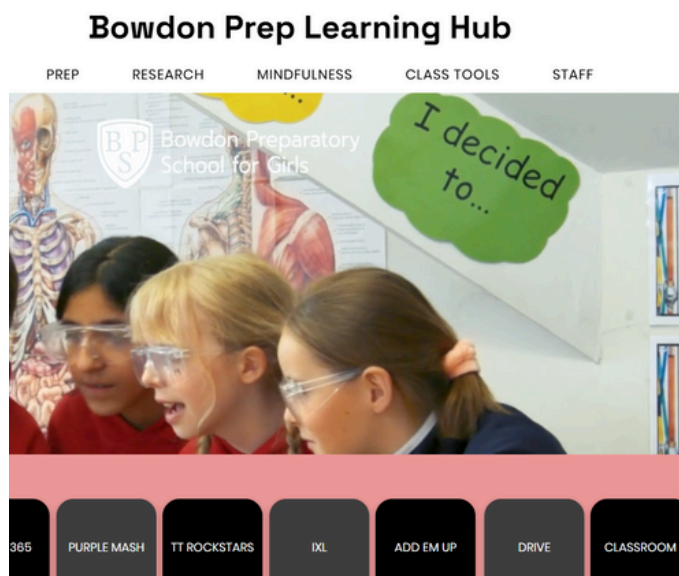
Whenever the girls open a browser in school, they are prompted to visit the BPS Learning Hub. Built in-house, this one-stop site provides quick and easy access to the resources we use most often, both in school and at home.

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!

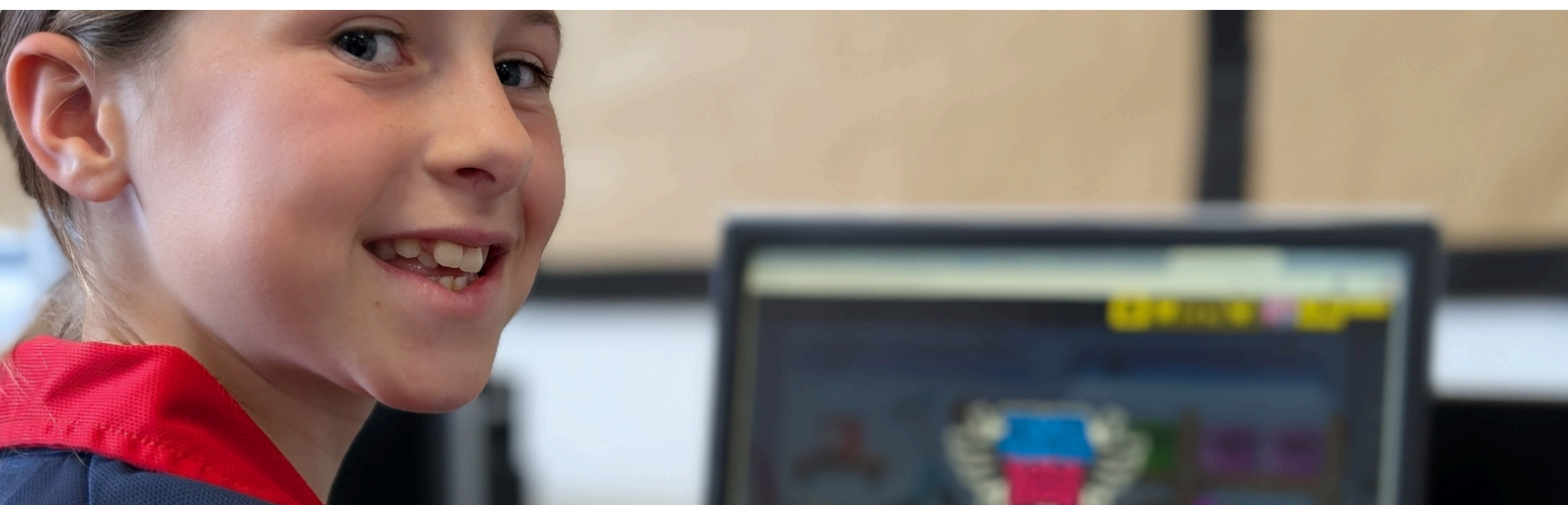
Why not add the Hub to your child's device at home? It's a fantastic way to encourage independence with homework and is especially useful for pupils who are new to BPS.

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

TWO DAYS OF FANTASTIC NETBALL ACTION AGAINST ST VINCENT'S!

This week, we were thrilled to welcome St Vincent's Primary School for two exciting rounds of netball, with both our Year 4 and Year 6 teams taking to the court in great spirit.

Year 4 faced a challenging test against two strong St Vincent's Year 5 sides. Despite narrow defeats, our players showed tremendous determination and a growing understanding of positioning, passing, and defensive play. Their energy and enthusiasm were infectious, and it was wonderful to see their confidence build with every quarter. There is huge potential within this group – well done, Year 4!

On Thursday, it was the turn of our Year 6 girls, who delivered two outstanding performances to claim well-deserved victories. Every player had the opportunity to take to the court, contributing to displays of accurate shooting, smart movement, and superb teamwork. Their communication and supportive spirit were a real credit to their training and team culture.

"It was fantastic to see such teamwork, determination, and joy on the court from all our players. Both fixtures showed how much progress our girls are making – they should be incredibly proud of their performances."
Mrs Hughes, Head of Sport

Players of the Match: Hettie, Nova, Sophie, and Talia – outstanding performances all round!

A big thank you to St Vincent's for visiting and for two excellent days of competitive yet friendly netball. We look forward to more fixtures ahead and continued progress across all our teams.



UPCOMING FIXTURES

MONDAY 1TH OCTOBER

NETBALL

YEAR 5 VS HALE PREP (HOME)

THURSDAY 16TH OCTOBER

**YEAR 4-6 ISA NORTH SWIMMING GALA
(STOCKPORT)**

**YEAR 6 NETBALL VS STAMFORD PARK
(HOME)**

SATURDAY 18TH OCTOBER

PREP CROSS COUNTRY

JOHN LEIGH PARK

MEET MRS BAXTER AT 9.45AM

RACE START 10AM



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

Staff of the Week

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



Mrs Cayzer

A huge thank you to Mrs Cayzer for being a wonderful inspiration to all the girls. Your lessons are exciting and fun. Your calm and caring nature is much appreciated by all.

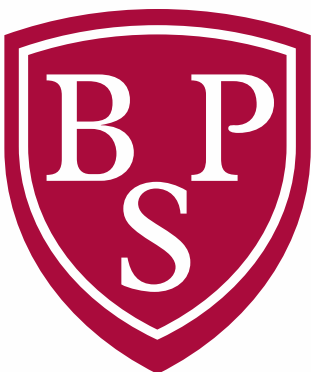


Miss Powell,

Miss Powell, thank you for all you do at BPS - we have loved thinking about our Mental Health this week and about being the best person we can be. Your kind, caring nature is for all to see and love.



BOWDON PREP SCHOOL



**BELIEVE
PERSEVERE
SUCCEED**



ASHLEY RD, ALTRINCHAM, WA14 2LT