

16 JANUARY 2026

BOWDON

BULLETIN



www.bowdonprep.org.uk



office@bowdonprep.org.uk

COMMUNICATION. CURRICULUM. CARE.



AT A GLANCE: In this week's Bulletin

3	Happy, Healthy, School Supporting Wellbeing Across Our School Community	10	Community BPS and beyond
6	Communication Key dates, School information and Mrs Abbey's Menu	15	Curriculum
		20	Sports News
		22	Staff of the Week



An Attitude of Gratitude

Reflecting on community, growth and the everyday moments that matter most

What are we grateful for? Do we truly have an attitude of gratitude? And can we always find something to be thankful for, even on the busiest of days?

Gratitude is more than simply saying "thank you." It is a way of noticing the good around us, appreciating what we have, and recognising the people who make a difference to our lives each day.

At Bowdon Prep, we are fortunate beyond measure. Our school does not thrive by chance – it flourishes because of the extraordinary people within it. We value the dedication of our teachers and teaching assistants, who nurture curiosity and confidence in every classroom, alongside the commitment of our catering, lunchtime, maintenance, finance and front office teams, the calm, capable and caring presence behind the scenes who keep school life running so smoothly.

Quite simply, it takes a community to create a school like ours, and we are deeply thankful for every individual who plays a part in that journey.

We are also sincerely grateful to our families, whose trust, encouragement and ongoing support enable us to do what we do so well. The partnership between home and school is central to each child's happiness, confidence and success.

Most of all, we feel incredibly privileged to work with the wonderful BPS girls. Their kindness, curiosity, resilience and warmth are a daily source of inspiration.



This was captured so thoughtfully in our recent inspection report:

"Pupils develop a clear awareness of their strengths, talents and areas for growth. Interactions between pupils and staff are trusting and respectful. Pupils are confident that their views and opinions are heard and appreciated. Consequently, pupils develop a keen sense of self, which equips them very well for the subsequent phases of their educational journey and their adult lives."

What a privilege it is to witness this growth each day.





As we move into the spring term, we are surrounded by change – lighter mornings, early blossoms, and the quiet promise of new beginnings. Just as the seasons shift and unfold, so too do your children. We see them develop in confidence, independence and compassion with each passing week, and it is a joy to be part of that journey.

In the busy rhythm of school life, it is often the small moments that matter most – a kind word, a new friendship, a spark of confidence, a child proud of her own progress. These are the moments that stay with us.

As the saying goes: "Enjoy the little things, for one day you may look back and realise they were the big things."

As we look ahead to the months to come, let us pause to reflect on all that we have to be grateful for – our community, our colleagues, our families, and our remarkable pupils.

Bowdon Prep truly is a special place to be, and we are grateful to share it with you.



Miss. Powell
Senior Mental Health and Well-being Lead
Teacher
PSHE Co-ordinator

Looking Ahead: Next Week

Thought of the Week

The meaning of life is to give life meaning

Happy school, Healthy school, Safe school

How am I kept safe in school?



Communication

Key Dates



NEXT WEEK



At a glance...

WB 19 JANUARY 2026



Y3 Reviews commence

*After School Clubs
cancellations.*

MON

MONDAY

TUES

Y5 Transition Meeting (Via Zoom) 6pm

TUESDAY

WED

WEDNESDAY

THUR

Y6 Crucial Crew

THURSDAY

FRI

FRIDAY

Spring Term 1 - 2026

Key dates at a glance

January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 School opens Y5 8am Sessions begin	6	7	8	9
12	13	14	15	16
19	20 Y5 Transition Zoom Meeting 6pm	21	22	23
26	27	28	29 Y5 Transition evening with Y7 Pupils	30

MONDAY
Y1 & Y2 Dance
Y5 Netball
Y2 Art
Y3 Baking

TUESDAY
Y1 & Y2 Yoga
Y5 & Y6 Chamber Choir
Y3 Baking
Y3 & Y4 Science Club

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

February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Y5 8am Sessions begin	3	4	5	6
9	10	11	12	13
16	17 Y5 Transition Zoom Meeting 6pm	18	19	20
23	24	25	26 Y5 Transition evening with Y7 Pupils	27

FOLLOW US





BPS UNIFORM

The BPS Society sell pre-loved uniform throughout the academic year with all funds raised going towards our School. Please contact the School Office if you have an enquiry

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

Thursday 8.10 - 9am

Children should wear BPS hats only and arrive each day with their BPS blue waterproof coat

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



Netball Club Finish Time Update

Reminder

From Monday 12 January, the Year 5 and Year 6 netball clubs will return to a 4.45pm finish.

With the lighter evenings and the sports hall now fully available, and no clash with the stage being up, we are pleased to revert to the usual end time. Thank you for your continued support.





MRS. ABBEY'S LUNCH



WC 19.01.26

MONDAY



Veggie or Beef Pasta Bolognaise
Broccoli
Iced fingers

TUESDAY



Veggie or Pork Sausage Rolls, Mashed Potato
Baked Beans and Carrots
Fruit or Yoghurt

WEDNESDAY



Baguettes with a selection of fillings
Olives and Salad Bar
Oat Cookies

THURSDAY



Veggie or Chicken Fajitas
Sweetcorn
Blueberry Muffins

FRIDAY



Veggie or Fish Fingers, Potato Wedges
Peas
Lemon Shortbread

Salad Bar available each day

Health and Safety Notice

Please cut grapes in half - length-ways or in quarters

BPS is a Allergy Aware School - nut-free and sesame seed-free

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'.





HOLIDAY CLUB

ALTRINCHAM PREP

Choose Fun

HOLIDAY CLUB

**FOR CHILDREN AGED
3 - 12 years**

- ★ OPEN FROM 7.30AM - 6.00PM
- ★ BREAKFAST INCLUDED
- ★ OFSTED REGISTERED

MARLBOROUGH RD, BOWDON,
ALTRINCHAM WA14 2RR

www.fun-fest.co.uk

BOOKINGS OPEN NOW



HOLIDAY CLUB
ALTRINCHAM PREP

February Half Term

16th February - 20th February
Altrincham Prep School - Marlborough Road
7:30am - 6pm

Ages 3 - 7	AM		PM	
Mon	Shapeshifters	Sports Action	Yoga	Football
Tues	Sand Fest	Tennis	Fun Fest Got Talent	Cricket
Weds	Messy Mayhem	Table Tennis	Down in the Jungle	Sports Action
Thurs	Under the Sea	Basketball	Great Outdoors	Sports Action
Fri	Bling!	Sports Action	Our 1 st Birthday Party!	

**FOLLOW OUR
WHATSAPP CHANNEL
FOR MORE INFO!**



Curriculum

Reflecting on our week at BPS





Year 3 Dive into a Day of Discovery at Catalyst

Year 3 enjoyed an absolutely brilliant day at the Catalyst Science Discovery Centre, diving head-first into a world of experiments, exploration and hands-on fun. The girls loved learning through play and discovery, proving that science is truly at its best when you can get stuck in.

They began by travelling back in time to uncover the fascinating history of soap making, learning how ingredients have changed and improved over the years. Then it was time to get creative. With careful listening, teamwork and excellent attention to instructions, the girls crafted their very own colourful, sweet-smelling bars of soap – scientists and soap-makers all in one!

The excitement continued with a spectacular interactive light show, where the girls discovered different sources of light, how light travels, and even how invisible light helps to protect precious treasures. There were plenty of "oohs," "aahs," and thoughtful questions along the way.



The girls thoroughly enjoyed every moment of this science-packed adventure and returned to school buzzing with excitement and inspiration.

"I've loved having a full day of science, making things and being proper scientists – I feel like I could make anything!"





Merits and House Points at Bowdon Prep – How We Celebrate Success

Celebrating Effort, Kindness and Teamwork at Bowdon Prep

At Bowdon Preparatory School, our rewards systems are designed to reflect and reinforce our core values: Commitment to Excellence, Care for All, and Working Together.

We believe success is about more than results alone. It includes effort, resilience, kindness, teamwork, and the way children treat one another. To recognise this, we use two complementary reward systems: Merits and House Points.

In simple terms: children earn merits for trying their best in their learning, and House Points for showing kindness, teamwork, and responsibility around school.

Merits – Commitment to Excellence

Merits are awarded throughout the Prep School (Years 3–6) and are directly linked to our value of Commitment to Excellence and our school motto: Believe, Persevere, Succeed.

They celebrate a child's personal effort and determination, whatever their starting point. A merit may be awarded for working hard, showing resilience, making good progress, or approaching learning with a positive attitude.

Merits are recorded in homework diaries so achievements can be shared and celebrated at home.



Across the Prep years, pupils work towards milestone awards:

- Bronze Badge (Year 3)
- Silver Badge (Year 4)
- Gold Badge (Year 5)
- Platinum Badge (Year 6)

Each is achieved by reaching 100 merits. For pupils who continue to demonstrate exceptional consistency, additional certificates are awarded at 150, 200, and 250 merits. Note that merits achieved in this academic year will go towards achieving a merit badge.

These milestones are designed to motivate and celebrate sustained effort, not to create pressure or comparison between pupils. Every child is encouraged to take pride in their own progress.



Merit Awards are also recognised through the presentation of badges, which pupils wear on their blazers throughout the Prep years. As pupils progress, these accumulate to provide a visible record of sustained **Commitment to Excellence**. This reinforces the principle that high standards are achieved through consistent effort over time.

House Points – Care for All and Working Together

House Points operate across the whole school, from Reception to Year 6, and reflect our values of Care for All and Working Together.

They recognise how pupils contribute to the wider school community and are awarded for behaviours such as:

- kindness and respect
- cooperation and teamwork
- helpfulness and responsibility
- positive communication with others

From next week, House Points will be awarded using physical tokens, allowing all adults in school to recognise positive behaviour immediately wherever it is seen.

Pupils will place their tokens into their House jar (Brontë, Eliot, or Austen). Watching the jars fill during the week builds excitement, teamwork, and House pride.

Each Friday, House Captains count the tokens and the winning House is celebrated in assembly. House totals reset weekly to keep the focus on fresh opportunities and positive choices each week, rather than long-term competition.



Kindergarten Rewards

Our Kindergarten pupils follow their own age-appropriate system, using a “marbles in a jar” approach to celebrate positive behaviour and teamwork in a way that is meaningful and motivating for our youngest children.

A Values-Led Approach

Together, these systems help bring our school values to life:

- Merits encourage perseverance, effort, and personal excellence.
- House Points encourage kindness, collaboration, and a sense of belonging.

Both play an important role in developing confident learners and thoughtful, caring members of our school community.





Sport
@BPS



Defending Champions in Action: Year 5/6 Mixed Trafford Sports Hall Athletics

On a lively afternoon in Trafford, our Year 5/6 athletes teamed up with Altrincham Prep for the mixed Sports Hall Athletics event at Altrincham Girls Grammar School, competing across a range of track and field challenges that tested speed, jumping, and throwing.

As defending Trafford champions from 2025, our athletes arrived determined to put in a strong performance. The girls were exceptional, winning 10 of the 12 events, including every sprint race, dominating the track with precision, teamwork, and energy.

Their sprint relays in particular were a highlight, with lightning-fast handovers and unstoppable speed from start to finish. The boys also contributed strongly, showing determination and focus across all events. Together, the team demonstrated great balance between individual effort and supporting each other, cheering teammates on during every race, jump, and throw.

The afternoon was packed with excitement, from close races to impressive jumps and long throws. Each athlete gave their best, and the team's consistent performance across the day earned them a 2nd place overall—a fantastic achievement in such a competitive field. An afternoon to be proud of, full of teamwork, personal bests, and excellent sportsmanship.

Thank you to Trafford Sports Partnership for organising such a well-run and enjoyable event. It was lovely to see some of our former Bowdon Prep pupils acting as Year 10 Sports Leaders and helping the event run so smoothly.



Malin Heads to European Junior Golf Championships for 3rd Year!

A huge congratulations to Malin in Year 4, who has been invited to compete in the European Junior Golf Championships for the third consecutive year!

This prestigious event will be held in Scotland this spring, where Malin will compete in the U10 age category against some of the best young golfers from across Europe. Malin has been practising hard, and nothing—not even the cold weather—can slow her down. She's been perfecting her swings and finishing putts using an indoor golf simulator, making sure she's ready for every challenge on the course.

Everyone at Bowdon Prep wishes Malin the very best of luck—we're all cheering for her as she represents the school and showcases her incredible talent once again!



UPCOMING FIXTURES

MONDAY 19 JANUARY
YEAR 5 POP LACROSSE V HALE PREP
(HOME)

WEDNESDAY 21 JANUARY
YEAR 4 NETBALL V LADY BARN
(HOME)

THURSDAY 22 JANUARY
YEAR 5 V YEAR 6 NETBALL INTER
YEAR (HOME)



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

Staff of the Week

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



Miss Powell

Thank you for being such a kind and caring teacher and for always remaining so calm and positive. You do so much to nurture the hearts and minds of both staff and children, and it truly doesn't go unnoticed. Thank you for everything you do.

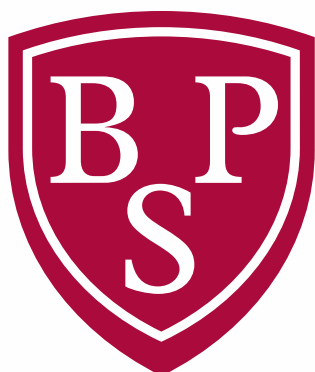


Ms Fan

We absolutely adore your beautiful piano playing and could happily listen to it all day long! You truly inspire us with your incredible dedication and talent. Thank you so much for sharing it with us.



BOWDON PREP SCHOOL



**BELIEVE
PERSEVERE
SUCCEED**



ASHLEY RD, ALTRINCHAM, WA14 2LT