

23 JANUARY 2026

# BOWDON

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## BULLETIN

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### YEAR 4 CELEBRATE HOME NETBALL SUCCESS

Two strong team performances

### PASTORAL CARE STRENGTHENED

Introducing Alisha Maclean, School  
Psychotherapist at Bowdon Prep



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COMMUNICATION. CURRICULUM. CARE.



# AT A GLANCE:

## In this week's Bulletin

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Supporting Wellbeing Across Our School Community

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BPS and beyond

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BPS



# **A Safe Place to Learn and Grow**

## *How Bowdon Prep works with pupils and families to keep every child happy, healthy and protected.*

**At BPS, keeping our pupils happy, healthy and safe is at the heart of everything we do. Our girls play a huge part in this: they are naturally curious, thoughtful and often take the lead in discussions about safety—whether that's looking after one another on the playground, sharing ideas in class, or learning how to respond calmly in different situations.**

We were delighted that all our efforts to ensure our pupils always feel safe were recognised in the inspection surveys and the final report.

This week, as part of our theme, we are thinking about the question: "How am I kept safe in school?"

Here are some of the ways we work together to create a safe, welcoming environment for everyone.

### **Site Safety Improvements**

We are always looking for ways to make our school site even safer. Subject to planning permission, we hope to replace the gates onto Cavendish Road, which will further enhance security for the whole school community.

### **Lockdown Procedure Practice**

Last term, pupils took part in our annual practice lockdown. This helps everyone understand what to do in an emergency and gives staff and pupils the confidence to respond calmly if we ever need to "lock down" the building. The practice is always handled gently and in an age appropriate way, with plenty of explanation beforehand so the girls feel reassured.

### **Fire Drills**

Throughout the year, we hold regular fire drills so pupils know exactly what to do if we need to leave the building quickly. The girls always impress us with their calm, sensible response—showing how well the children understand the routine – although



they were less than impressed with us during the drill earlier this month when the heavens opened!

### **Parking and Road Safety**

Keeping our pupils safe as they arrive and leave school is really important. We kindly ask parents and carers to stay with their child until staff open the school doors, and to continue parking safely and legally around the school site. We know this can be tricky at busy times, and we will keep reviewing our systems to see how we can offer more support.

By working together – pupils, staff and families – we create a school where safety is not just a set of procedures, but a shared responsibility and a daily priority. We are incredibly proud of the way our girls look out for one another and approach these routines with maturity and confidence. Thank you, as always, for your continued support in helping Bowdon Prep remain a place where every child feels secure, valued and ready to learn.



**Ms K Pheasant**  
Bursar (Finance / Health & Safety / Data Protection / HR)



# 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

You can email [victoria@pwschoolwear.com](mailto: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

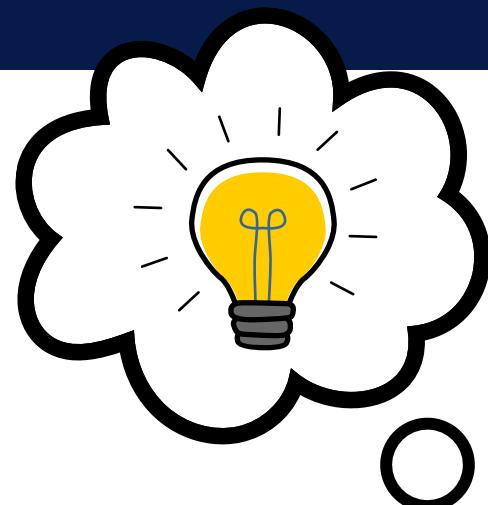
**PLEASE ENSURE** children wear BPS hats/scarves only and arrive each day with their BPS blue waterproof coat



## Looking Ahead: Next Week

### Thought of the Week

Be brave, take chances and make it happen



### Happy school, Healthy school, Safe school

Looking after our environment



# Communication Key Dates



# NEXT WEEK



## At a glance...

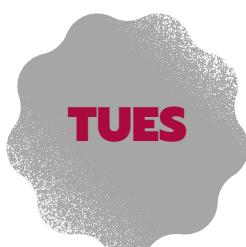
### WB 26 JANUARY 2026



Y1 reviews commence



**MON**



**TUES**

Y4 - Y6 Cross Country competition



**WED**

Y2 Trip



**THUR**

6pm: Y5 Transition Evening in school



**FRI**

*After School Club  
**cancellations.***

**MONDAY**

**Prep Ukulele  
Cancelled**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**Y3 - Y6 FULL  
ORCHESTRA  
CANCELLED**

# 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 Y3 Trip	14	15	16
19	20 Y5 Transition Zoom Meeting 6pm	21	22 Y6 Crucial Crew	23
26	27	28	29 Y5 Transition evening with Y7 Pupils	30

**MONDAY**

Y1 & Y2 Dance  
Y5 Netball  
Y2 Art  
Y1 Baking  
(Y3 - Y6 Ukulele)

**TUESDAY**

Y1 & Y2 Yoga  
Y5 & Y6 Chamber Choir  
Y1 Baking  
Y3 & Y4 Recorder Club  
Y3 - Y6 Fencing

**WEDNESDAY**

Y3 - Y6 Multi Sports  
Y3 - Y6 Art  
Prep Rock Band  
Y5 & Y6 Recorder Club

**THURSDAY**

Y6 Netball  
Y1 - Y6 Drama  
Pre Prep Recorder Club

**FRIDAY**

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

### February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Prospective Parents Open Day	4	5	6
9	10 Parents' Evening	11	12 Parents' Evening	13 <i>Lunar New Year</i> School Closes
16 <i>Half Term</i>	17 <i>Half Term</i>	18 <i>Half Term</i>	19 <i>Half Term</i>	20 <i>Half Term</i>
23 Inset Day	24 School Opens	25	26 Y5 Trip	27

**FOLLOW US**





# MRS. ABBEY'S LUNCH



WC 26.01.26

## MONDAY



*Pasta with various sauce options  
Broccoli  
Orange Cookies*

## TUESDAY



*Roast Quorn or Chicken, Roast Potatoes  
Carrots and Cauliflower Cheese  
Fruit or Yoghurt*

## WEDNESDAY



*Homemade Pizza with various toppings  
Sweetcorn  
Sorbet*

## THURSDAY



*Quorn or Chicken Escalope, Crispy Potatoes  
Peas  
Gingerbread Biscuits*

## FRIDAY



*Veggie or Pork Sausages  
Green Beans and Baked Beans  
Chocolate Cupcakes*



**Salad Bar and Fruit and yogurt are available daily as an alternative to desserts.**

### Health and Safety Notice

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

(Please be mindful when sending in any items into school, including birthday treats)

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

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](http://www.fun-fest.co.uk)

BOOKINGS OPEN NOW



HOLIDAY CLUB

ALTRINCHAM PREP

## February Half Term

16<sup>th</sup> February - 20<sup>th</sup> February  
Altrincham Prep School - Marlborough Road

7:30am - 6pm

Ages 3 - 7	AM	PM
Mon	Shapeshifters	Sports Action
Tues	Sand Fest	Tennis
Weds	Messy Mayhem	Table Tennis
Thurs	Under the Sea	Basketball
Fri	Bling!	Sports Action
		Our 1 <sup>st</sup> Birthday Party!

FOLLOW OUR  
WHATSAPP CHANNEL  
FOR MORE INFO!



# Curriculum

## Reflecting on our week at BPS





# **Strengthening Pastoral Care and Emotional Wellbeing at Bowdon Prep**

## **Introducing Alisha Maclean, School Psychotherapist**

**We are delighted to introduce Alisha Maclean, who will be joining Bowdon Prep as our new School Psychotherapist.**

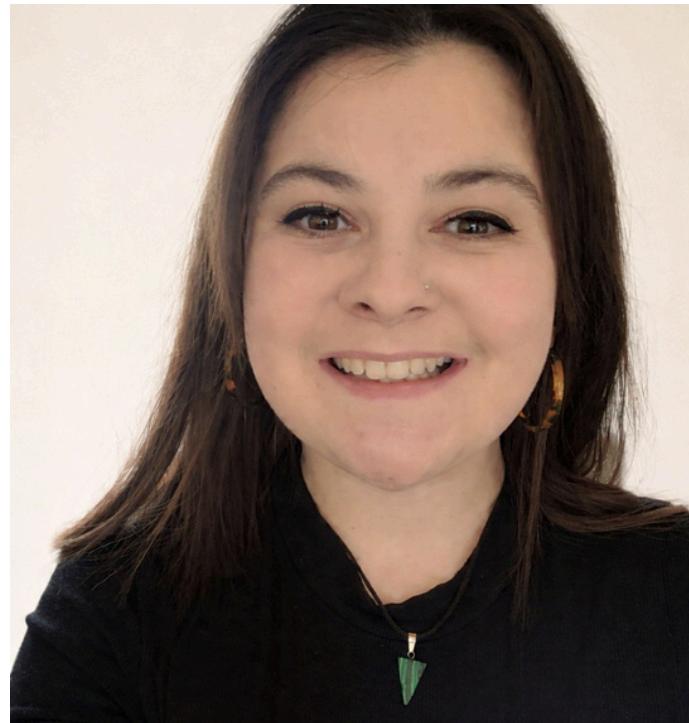
Alisha will be working closely with pupils to further strengthen the pastoral care and emotional wellbeing provision across the school. Her role will include leading and developing our Nurture Group provision, supporting children who may benefit from additional emotional guidance, and structured therapeutic support.

Our nurture-based intervention provides a supportive and structured space where children can develop emotional regulation skills and build self-esteem.

Through a small range of carefully selected activities, tailored to the needs of each group, pupils are supported to recognise and manage their feelings, practise healthy coping strategies, and build positive relationships.

The group aims to strengthen confidence, resilience and emotional understanding, helping children manage everyday challenges more effectively both at school and at home. Each session follows a consistent and reassuring structure to help children feel safe and supported.

Sessions begin with a welcome and emotional check-in, often using tools such as a feelings wheel or thermometer. A short warm-up game helps pupils to focus and connect with one another, followed by a main therapeutic activity which may include stories, sensory play or creative exercises. Sessions close with reflection and calming activities such as breathing exercises or a gratitude circle, ensuring children leave feeling settled and supported.



This development builds on the school's strong and longstanding commitment to pupil wellbeing, which was recognised as a significant strength in our most recent ISI inspection: **"The development of pupils' self-esteem, self-knowledge and self-confidence is a significant strength of the school."**

In addition to her work in school, Alisha will also be available for private 1 to 1 counselling sessions for pupils. Parents who may be interested in this support are very welcome to contact her directly at: **[alishamacleantherapies@gmail.com](mailto:alishamacleantherapies@gmail.com)**

We are extremely keen for Miss Maclean to join our team and are confident that her expertise will be a valuable addition to our whole-school approach to nurturing happy, confident and emotionally resilient children.

We very much look forward to working with her and to the positive impact she will have on our school community.



# BBC Newsround Visits Bowdon Prep

## Pupils shine as cameras roll for a special school feature

**As you may have seen from last week's front page, we were delighted to recently welcome a BBC Newsround film crew into school.**

The team spent time with pupils from Years 4–6, who thoroughly enjoyed answering questions on a range of topics, including upcoming celebration days, their favourite pancake toppings, what they love most about their mums, and the ways in which they show kindness to others.

Adding a special touch to the visit, the journalist leading the feature was former BPS pupil Lauren Barclay, who is currently working at the BBC as a broadcast journalist and producer on Newsround. It was a real privilege to welcome her back to school to film with our girls.

Lauren conducted the interviews with remarkable calmness, warmth and passion, instantly putting the pupils at ease and giving them the confidence to share their thoughts openly and enthusiastically. She also spoke with great joy about her own time at BPS, reflecting fondly on her experiences. Her visit was truly inspiring for both pupils and staff alike.



The girls were, as always, articulate, thoughtful and a credit to the school. We are very much looking forward to seeing whether the final edit is featured on Newsround later this year.





Big Garden  
Birdwatch

24-26 January 2025



# Why Not Take Part in the Big Garden Birdwatch at Home?

## How families can join the Big Garden Birdwatch at home

**A simple family activity to support wildlife and inspire young nature lovers.**

This term, our Reception girls have been busy learning about how to care for birds and the natural environment. They have enjoyed setting up bird feeders and creating welcoming spaces in our school gardens to help support wildlife during the winter months.

While the girls are not taking part in the official bird survey at school, we would love to encourage families to join in at home by taking part in the RSPB Big Garden Birdwatch.

The Big Garden Birdwatch is the world's largest garden wildlife survey and takes place each year across the UK. It simply involves spending one hour watching the birds in your garden, on your balcony or in a local green space, and recording what you see. The results help scientists understand how garden birds are faring and how best to protect them.

It is a lovely opportunity to:

- spend time together outdoors
- develop children's observation skills
- learn to recognise different bird species
- and play a small part in protecting our environment

Full details on how to take part can be found on the RSPB website or scan here to find out more!



We are also looking forward to sharing more next week, when Mrs Jaberí will be updating families on Reception's work in our school gardens, including how the girls have been preparing their bird-friendly areas and what they have learned about caring for living things.

Thank you for supporting our wider learning beyond the classroom – and happy birdwatching!

SCAN  
ME!





# Big Smiles and New Friends: Year 2 Meet Their Year 4 Buddies

Last Tuesday, there was great excitement – and a few nerves – in the air, as the Year 2 girls met their Year 4 buddies for the very first time.

Soon, animated chatter filled the Prep Gym as everyone got to know one another. The time flew by far too quickly, and the girls left happily anticipating the strong friendships they will build with their new buddies.

Here are just a few of their reflections: Asiyah said that she "felt happy to meet new people." Eva shared that "if we feel sad, it's nice to know we can go and have a chat with our buddies." Abbey explained that she is really looking forward to getting to know her buddy better as the year goes on. From Year 4, Scarlett said it was "lovely to get to chat to our new friends," while Eva said she enjoyed interacting and learning more about the Year 2 girls. While Sophia added that it is good to have younger friends within the Pre-Prep.

Plans are already underway for future activities, including birthday cards, shared reading sessions and lots more playtime together. Alongside these organised events, it has been heartwarming to see the Year 4 girls looking out for their buddies and enjoying informal catch-ups throughout the school day.





# Sport @BPS



# Year 5 Shine in Pop Lacrosse Victory

*Two strong team performances against Hale Prep*

**On Monday 19th January, the Bowdon Prep Year 5 teams played Hale Prep in an exciting pop lacrosse fixture.**

The A team secured an impressive 23–9 win, with goals from Erin and Lola, and Beatrice named Player of the Match for her excellent defending. The B team also enjoyed success, winning 19–16, with strong attacking play from Ava and Aashi, and Aashi voted Player of the Match. Darcie and Sophia were also praised for their outstanding defence.

Mrs Baxter is very proud of the girls' teamwork and sportsmanship and is already looking forward to the next match against Gawsworth.

# Year 4 Celebrate Home Netball Success

*Two strong team performances against Hale Prep*

**On Wednesday 21st January, the Year 4 A and B netball teams played against Ladybarn House School in an exciting home fixture.**

The A Team put in a fantastic performance, winning 8–4 after a confident and well-organised match. A huge congratulations to Scarlett, who was deservedly chosen as Player of the Match.

The B Team were equally impressive, securing a convincing 7–1 victory.



With the High Five rotation rule in place, many of the girls had the opportunity to score, showing great teamwork and versatility. Well done to Harper, who was awarded Player of the Match.

We now look ahead to next Monday, 26th January, when the Year 4 ABCD teams will take on The Grange at home. We are excited to see all four courts in action with our fantastic Year 4 netballers. Everyone at BPS wishes all the teams the very best of luck!



# **UPCOMING FIXTURES**

**TUESDAY 27 JANUARY  
ISA REGIONAL CROSS COUNTRY AT  
SCARISBRICK HALL**

**WEDNESDAY 28 JANUARY  
YEAR 5 A & B NETBALL  
V LADY BARN HOUSE SCHOOL  
(HOME)**

**THURSDAY 29 JANUARY  
YEAR 6 A & B NETBALL V HALE PREP  
(HOME)**

**\*AS A RESULT, YEAR 6 NETBALL CLUB WILL  
NEED TO BE CANCELLED.**



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

# Staff of the Week

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



## Mr Gee

A huge well done and thank you, to Mr Gee! We love how funny and interesting your lessons are and enjoy doing LAMDA with you.

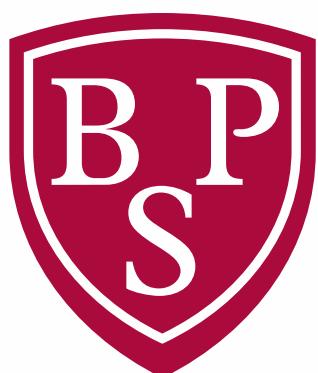


## Mrs Ashton

Many congratulations to Mrs Ashton, the Head's PA, for being star staff of the week; thank you for your warmth and kindness. We love doing Art club with you too!



# BOWDON PREP SCHOOL



**BELIEVE  
PERSEVERE  
SUCCEED**



**ASHLEY RD, ALTRINCHAM, WA14 2LT**