

15 MAY 2026

BOWDON

BULLETIN

WHY EMPATHY MATTERS

Mental Health,
Connection and
Community at BPS



Bowdon
Preparatory
School



www.bowdonprep.org.uk



office@bowdonprep.org.uk

A LOVE OF READING BEGINS HERE

A welcoming space to
inspire curiosity, imagination
and lifelong learning



COMMUNICATION. CURRICULUM. CARE.



AT A GLANCE: In this week's Bulletin

Happy, Healthy, School

Supporting Wellbeing Across Our
School Community

Communication

Key dates
School information
Mrs Abbey's Menu

Community

BPS and beyond

Curriculum

Sports News

Staff of the Week



Why Empathy Matters

Mental Health, Connection and Community at BPS

Empathy fuels connection, sympathy drives disconnection' – Brené Brown
During this week's assembly, as part of Mental Health Awareness Week, pupils were invited to reflect more deeply on something that sits at the heart of both wellbeing and relationships: empathy.

At Bowdon Prep, we are intentional in ensuring that mental health and pastoral care are not an addition to school life, but a foundation for it.

We know that children learn most effectively when they feel emotionally secure, understood and supported, and this underpins our wider mission to develop confident, compassionate and outward-looking young people.

Empathy is often described simply as "understanding how someone else feels," but in reality it is far more powerful. It requires attention, imagination and emotional awareness: the ability to step outside of our own perspective and consider another's.

Research increasingly shows that empathy is not only socially valuable but fundamental to our own mental health. Psychologist Daniel Goleman, whose work on emotional intelligence has shaped modern education, notes that empathy is a key component in building strong relationships, resilience and emotional regulation.

Similarly, studies from developmental psychology suggest that children who develop empathy are more likely to experience positive peer relationships, reduced conflict and greater emotional wellbeing. Brené Brown's work further deepens this understanding.



She distinguishes empathy from sympathy very clearly: "Empathy fuels connection. Sympathy drives disconnection." Her words remind us that what people need in moments of difficulty is not reassurance or quick solutions, but to feel seen, heard and understood. This is a subtle but significant shift and one our pupils explored thoughtfully.





In the assembly, children reflected on the idea that emotions are not problems to be solved, but signals to be understood. Through discussion and reflection, they considered how feelings change over time and how recognising those changes builds emotional awareness and resilience. Importantly, pupils were introduced to empathy not as a passive idea, but as an active skill.

They explored what it means to listen carefully, to pause before reacting, and to respond in a way that acknowledges another person's experience. This week's Thought for the Week captured this learning simply but powerfully: "Take action for yourself, for someone else, for all of us." This message resonates strongly with our school ethos.

At Bowdon Prep, we aim to develop young people who not only care for their own wellbeing, but who also understand their role within a wider community. Taking action for yourself involves recognising your own emotional needs and developing strategies to manage them.



Taking action for someone else is where empathy becomes visible through listening, patience and kindness. Taking action for all of us reminds us that community wellbeing depends on shared responsibility. Empathy sits at the centre of all three.

It connects personal awareness with collective care. In a busy week, empathy can be easy to overlook. We would encourage families to create a small moment for reflection: At some point this week, perhaps over dinner or during the school run, invite your child to consider someone else's day.

Ask what that person might have been feeling, what might have shaped their experience, and how a small act of kindness could make a difference. This is not about formal discussion, but about cultivating a habit of noticing and wondering the beginnings of true empathy.



Miss Kim Powell
Head of Wellbeing & PSHE
Year 3 English Teacher
3P Form Tutor



Next Week

Thought of the Week

Find joy in the journey!

Happy school, Healthy school, Safe school

Talking about our feelings and listening to others... positive emotional health for all.



S Makepeace-Taylor
Mrs S Makepeace-Taylor
Headteacher

Communication Key Dates





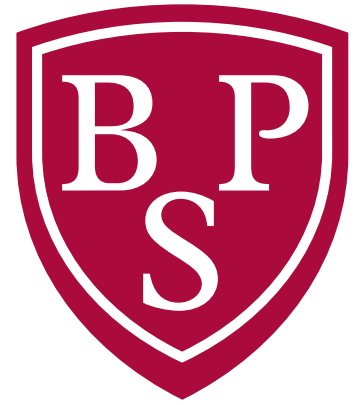
NEXT WEEK

At a glance...

WC 18 MAY

Y1, Y2 & Y3 reviews commence

After School Club
cancellations



MON

TUES

WED

THUR

FRI

Soloist Concert 4pm

Y1 & Y2 Show 2.15pm

MONDAY

TUESDAY

Recorder club

WEDNESDAY

THURSDAY

FRIDAY

Key dates at a glance

Summer Term



April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28	29 Repton visit Y6 Maths Challenge 6pm: Yr 5 Zoom	30 5pm Y6 Transition Evening with Ex Pupils in school	1 May Break the Rules Day

MONDAY

Y1, Y2, Y3 Dance
Y5 Rounders
Y2 Art
Y3 - Y6 Ukulele
Y1 Baking Club

TUESDAY

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

May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 <i>School closed for Bank Holiday</i>	5 Y3 Residential	6 Y3 Residential Y4 Residential	7 Y4 Residential Y6 Stem Day	8 Y6 Stem Day
11	12 Early Years Mini B-Fest	13	14	15
18	19 4pm: Soloist performance	20	21 2.15pm Y1 & Y2 Show	22 <i>School Closes for Half Term</i>

WEDNESDAY

Y3 - Y6 Multi Sports
Y3 - Y6 Art
Prep Rock Band
Y5 & Y6 Recorder Club
Y4 Rounders

THURSDAY

Y6 Rounders
Y1 - Y6 Drama
Y1, Y2 Recorder Club
(Y3 - Y5 Street Dance)

FRIDAY

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



**Bowdon
Preparatory
School**

**SCAN
ME!**

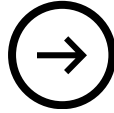


Notes...

**Why not print this
page for the fridge...**



MRS ABBEY'S LUNCH



WC 18 MAY

MONDAY



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

TUESDAY



*Beef or Veggie Lasagne, Garlic Bread
Green Beans
Fresh Fruit or Yogurt*

WEDNESDAY



*Jacket Potato with various toppings
Salad Bar
Carrot Cake*

THURSDAY



*Veggie or Pork Meatballs and Pasta
Peas
Iced Sponge*

FRIDAY



*Quorn or Chicken Panini
Sweetcorn
Flapjack*

**The salad bar, with fruit and yogurt
(as an alternative to desserts), is available each day**



Health and Safety Notice

**As an 'Allergy Aware School' - we are a nut and sesame seed free school
including coconut and hummus**

Please be mindful when sending items into school, including birthday treats.

Please cut grapes into QUARTERS (updated advice)

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

Events at Altrincham

ANNA JAMES

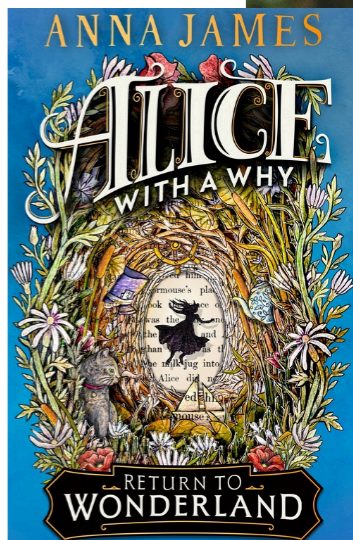
MAD HATTER'S TEA PARTY

Wednesday 20th May
5.30pm

Join us for the Mad Hatter's Tea Party with special guest Anna James, author of 'Alice with a Why', which transports us back to Wonderland to meet all our old friends in a brand new adventure.

There'll be interactive activities, delicious tea party treats, and chance to meet Anna and have your book signed and dedicated.

Children must be accompanied by an adult, but accompanying adults do not need a ticket.



£11 Book and Ticket/£5 without book

More information available online
at www.waterstones.com/events

WATERSTONES

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:

Tuesday 8.10 - 9am

Please email victoria@pwschoolwear.com purchase online (local delivery is free)

Click here: [Link](#)

Password: BPS24



More Than Sports
Coaching



8:30am-5:30pm
9am-3pm

OFSTED Registered.
Childcare vouchers
accepted.

MAY CAMP

1st - 8th June 2026



Bowdon Prep School
Altrincham



DIFFERENT
EVERY
DAY

Visit our
website to
BOOK, see the
TIMETABLE &
FIND OUT
MORE



AMAZING
RANGE OF
ACTIVITIES

**Huge range of
sports, games &
activities.**
**Outstanding
coaching.**
**Excellent
facilities.**



HALF TERM CLUB AT BOWDON PREP

<https://morethansports.co.uk/holiday-camps/>



A Sweet Surprise

Year 6 School Council Organises Special Treat

Our School Council organised a wonderful surprise for pupils across the school with a visit from an ice cream van during the afternoon.

Following lunch, the playground was filled with excitement as every pupil enjoyed a delicious ice cream treat in the sunshine. Each child was offered an ice cream complete with flake and sauce, while vegan and allergy-friendly options ensured that everyone could take part and enjoy the occasion together.

A huge well done to the Year 6 School Council for organising such a memorable treat for the whole school. Their kindness, leadership and effort helped create a lovely atmosphere and a very special afternoon for everyone involved.

The event was a huge success and brought plenty of smiles and excitement to the school community. Pupils were incredibly grateful for the thoughtful idea and loved sharing the experience with their friends.



Special thanks must also go to Mrs Hill for organising the event and for all the hard work, care and enthusiasm she brings to the School Council throughout the year.

We greatly appreciate everything she does to help make these opportunities so enjoyable and memorable for the children.



Curriculum

Reflecting on our
week at BPS





A Love of Reading Begins Here

A welcoming space to inspire curiosity, imagination and lifelong learning

When prospective parents and visitors are shown into the library during tours of the school they often comment on the size and brightness of the space, the huge range of books on offer and the calm, peaceful feeling that envelops you as you step inside.

The library is indeed a wonderful oasis, loved by pupils and staff alike who enjoy spending time here to browse, read, discover and relax. The library is open for pupils to return and choose books at registration, playtime and lunchtime and is staffed by Mrs Walsh, our Librarian (and our former Deputy Head and ex Head of English) who can guide and support pupils to select books at the appropriate reading and interest level. Our current Head of English and Deputy Head, Mrs Delf, is also available to support as needed.

The Year 6 reading champions are also often on hand to make recommendations and help the younger girls to find suitable story or information books to borrow. The library stock is added to every half term so that new titles appear regularly alongside the classics, and pupil requests are followed up.

There are junior news and storytime magazines to dip into and books in foreign languages including Mandarin, French, Spanish and German.

Book clubs run at lunchtimes for those children who enjoy shared reading in a group. We also



have a staff book club which meets every few weeks over tea and cake and whose members enjoy theatre trips and literary outings together.

Supporting the curriculum

The non-fiction section of the library has been curated to include books that match the topics taught in RE, history, geography, science, outdoor learning, citizenship and personal/social/health education. Staff and pupils can borrow resources to enhance and support their learning in all subjects.



For example, to help pupils prepare for their Year 3 waxworks presentation, we have a large stock of age-appropriate texts.

When Year 5 study the Victorian workhouse in English and history we provide a wide selection of connected books. Pupils are encouraged to borrow books about their hobbies and interests ranging from music, art and crafting to puzzles, animals and sport.

Support for Families

From time to time families encounter issues that mean they may welcome input and guidance from our pastoral team. The library supports with this by lending books about bereavement, changing relationships, puberty, anxiety, learning difficulties, friendships and new babies etc. Many of our parents have been grateful for our guidance and the opportunity to broach sensitive subjects with their children through stories and picture books. Please feel free to email the office to request help with this.



Events at Altrincham

ANNA JAMES

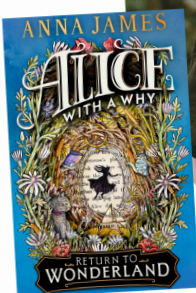
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There'll be interactive activities, delicious tea party treats, and chance to meet Anna and have your book signed and dedicated.

Children must be accompanied by an adult, but accompanying adults do not need a ticket.



Anna James: Mad Hatter's Tea Party at Waterstones!

We are thrilled to announce that best-selling author Anna James is coming to Waterstones Altrincham on Wednesday, 20th May at 5:30 pm.

Join us as Anna introduces her brand-new Wonderland adventure, Alice with a Why. It's going to be an afternoon of magic, tea party treats, and interactive activities for all young book lovers.

- **Meet the Author:** Hear the secrets behind her latest book.
- **Book Signing:** Get your copy signed and dedicated by Anna herself.
- **Treats & Fun:** Enjoy a themed tea party in the heart of Altrincham.

Tickets: Scan the QR code to book. Children must be accompanied by an adult (adults do not need a ticket).



Sport
@BPS



Our Athletes Excel at ISA Regional Championships

Outstanding performances, relay success and national qualification at the Manchester Regional Arena

The ISA Regional Junior Athletics Championships took place at the Manchester Regional Arena, where 26 schools from across the region gathered to test their running, throwing and jumping abilities. Typical Manchester drizzle greeted athletes during the early part of the day, but it certainly did not dampen spirits or performances.

A team of 23 athletes from Years 3–6 proudly represented Bowdon Preparatory School, supported throughout by enthusiastic families and supporters in the stands. Competing in such an impressive venue was a memorable experience for all involved, particularly as the track is regularly used by members of Team GB for training.

The team produced exceptional results across the competition, with every athlete contributing towards Bowdon Prep finishing an outstanding 3rd overall out of 26 schools. Remarkably, this achievement was secured without any points scored by boys, highlighting the incredible strength



and consistency of the girls' performances throughout the day.

All four relay teams qualified for the afternoon finals, producing some thrilling performances. Year 3 finished in 3rd place, Year 4 secured an excellent 2nd place finish, Year 5 were crowned convincing winners, and Year 6 also claimed 2nd place.





Hettie was crowned champion in the Year 4 60m and long jump events, while Athena won both the Year 5 150m and 600m races. Imogen claimed victory in the 60m sprint, and Giuliana secured first place in the Year 6 high jump.

Collectively, the girls performed at the very highest level and demonstrated unwavering support for one another throughout the competition. There were clever tactics and determination shown in the 600m races, grit and focus in the vortex howler throws, and impressive power displayed in both the long jump and high jump events – all rounded off with outstanding teamwork in the relay races.

Final placings in the girls' shield saw Year 4 and Year 6 finishing as runners-up, while Year 5 were deservedly crowned champions.

What an incredible day of athletics. We are immensely proud of every single athlete for their effort, teamwork and sporting spirit.





Year 5 Shine in Rounders Victory

Excellent batting, fielding and teamwork on display against Ladybarn House School

On Monday, the Year 5A and B rounders teams enjoyed a fantastic afternoon of sport in the sunshine as they welcomed Ladybarn House School for a home fixture.

Both teams demonstrated excellent batting, sharp fielding and outstanding teamwork throughout the matches. The girls played with great enthusiasm and determination, producing some superb performances across the afternoon.

Top rounders scorers for the A team were Immy, Lennie and Claudia, while Annie S, Ava and Jasmine impressed with their performances for the B team.

The A team secured a convincing 29–2 victory, while the B team also celebrated a brilliant win, finishing 12–3½. The standard of play from both teams was incredibly impressive, and the girls should be very proud of their efforts and sporting attitude.

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Rounders in the rain!

Our Year 5 and 6 Rounders teams headed over to Cheadle Hulme on Thursday for a couple of friendly rounders matches. Turbulent and unpredictable weather decided to join us too!

Within 20 minutes, we experienced blue skies without a cloud in sight followed by a hailstorm. After sheltering in the minibus for 10 minutes, the weather finally cleared – not ideal conditions for rounders!

With the grass pitches too wet to use, makeshift pitches were set up on the Astro



instead. Strong hitting from both teams in the first innings, combined with some adventurous fielding, made for two competitive matches. Year 5 came away with a win, while Year 6 faced a very strong batting side in their match.

Both teams learnt lots of new strategies and gained valuable experience ready for their next fixtures. We're just hoping for sunshine next time!

Staff of the Week

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



Mrs Glendon

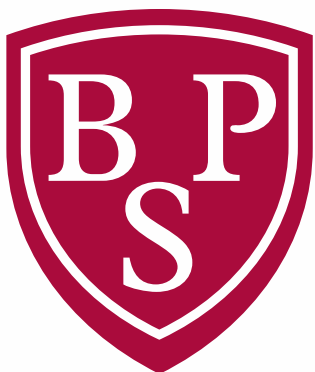
Thank you to Mrs Glendon for her fantastic support and dedication in the classroom. She consistently goes above and beyond to help pupils feel confident, valued and ready to learn and her calm, caring approach and positive attitude make such a difference every day - it truly doesn't go unnoticed!

Mrs Herbert

A huge thank you to Mrs Herbert for her fantastic teaching and endless dedication to her class. She creates a warm, engaging environment where every child feels supported and inspired to learn. Her enthusiasm and commitment truly make a difference each day!



BOWDON PREP SCHOOL



**BELIEVE
PERSEVERE
SUCCEED**



ASHLEY RD, ALTRINCHAM, WA14 2LT