9 OCTOBER 2026

BOWDON

BULLETIN



Bowdon Preparatory School

A REPTON SCHOOL

www.bowdonprep.org.uk

office@bowdonprep.org.uk

COMMUNICATION. CURRICULUM. CARE.



In this week's Bowdon Bulletin

Care for all
Supporting Wellbeing Across Our School Community

Communication
Key dates
School information
Mrs Abbey's Menu

Community
BPS and beyond

Curriculum
Commitmment to excellence

Sports News

Staff of the Week

World Mental Health Day at BPS: Starting Conversations That Make a Difference

Today at Bowdon Preparatory School, we celebrated World Mental Health Day, ahead of the official date, which falls on a Saturday this year. This year's theme, "Conversations Make a Difference," provided a wonderful opportunity for our school community to focus on the importance of talking, listening and supporting one another, whilst reflecting our specific BPS values of care for all and positive communication.

Throughout the week, children explored what positive mental health means and how simple conversations can help us feel connected, understood and supported. By encouraging open discussions about feelings and wellbeing, we aimed to reinforce the message that everyone experiences challenges from time to time and that seeking support is a sign of strength.

To raise awareness, pupils arrived wearing a splash of yellow, creating a bright and uplifting atmosphere across the school. This simple gesture sparked many conversations about mental health and reminded us all of the importance of supporting one another.





One of the highlights of the day was our Conversation Passport initiative. Every child and adult received a passport containing conversation starters and challenges designed to encourage them to speak to people they might not normally interact with. Throughout the day, participants collected stamps from classmates, pupils in different year groups, teachers, lunchtime supervisors and other members of the school community. The initiative encouraged meaningful connections and demonstrated how a simple conversation can make a positive difference to someone's day.

Across the school, children also took part in age-appropriate discussions and wellbeing activities focusing on friendship, loneliness and belonging. They explored questions such as how to recognise when someone might be feeling lonely, how to include others and what it means to be a kind and supportive friend. These conversations helped children develop empathy and reinforced the importance of creating an inclusive community where everybody feels valued.

We were also incredibly proud of Year 3 and Year 1, who led thoughtful and engaging assemblies based around our Thought for the Week:

"It takes lots of different flowers to make a beautiful bouquet."

Through stories, reflections and discussion, the children explored how our differences make us stronger and why everyone deserves to feel included and accepted. They encouraged us to think about practical ways to start conversations, support our friends and reach out to those who may be feeling lonely. Their message beautifully reflected our school values and reminded us that every member of our community has an important place within it.

World Mental Health Day also provided an opportunity to focus on staff wellbeing. Staff enjoyed a special Wellbeing Lunch together and had the opportunity to take part in a lunchtime wellbeing walk and coffee catch-up, allowing colleagues time to connect, relax and enjoy meaningful conversations away from the demands of the school day.

Families can continue these important conversations at home, and we have shared links on our website to trusted organisations and charities offering guidance and support for children, young people and adults.



Although World Mental Health Day may only come once a year, the messages behind it remain important every day. By encouraging openness, understanding and connection, we continue to build a school community where everyone feels safe, supported and able to thrive.

After all, just like a beautiful bouquet, our community is strongest when every flower has a place.



Miss K Powell
Head of Wellbeing / Senior MHFA
3P Form Teacher

Next Week

Thought for the Week Ahead

Be the Kind of Leader You Would Follow

Happy Healthy Safe School

Rest, sleep and exercise



Mrs Makepeace-Taylor
Headteacher



Communication
Key Dates

Health & Wellbeing: A Gentle Reminder

Attendance and Illness: A Reminder for Parents



As we enter the season when coughs, colds and other viruses become more common, we would like to ask for your support.

Please remember that children should:

- Not attend school if they are unwell or have a fever (a temperature of 38°C or above).
- Not attend school if they have experienced sickness and/or diarrhoea (and must remain at home for 48 hours after their last episode).

Please be mindful that, even when a fever has subsided, children may still be recovering from a viral infection and can remain contagious. If your child is not feeling themselves, is unusually tired, or is unable to fully participate in the school day, please consider whether an additional period of rest at home would be beneficial.

Thank you for your support and cooperation, these measures help to protect the health and wellbeing of all members of our school community and reduce the spread of infection.



Mrs Makepeace-Taylor
Headteacher

The BPS Society hold **pre-loved uniform** sales throughout the academic year. Parents wishing to purchase pre-loved uniform at any other time should contact the School Office.

UNIFORM SHOP OPENING HOURS

TUESDAY 8.10-9AM

Uniform can also be ordered online via the following website
www.pascoeandwillis.com/bowdon-preparatory-school
Password: BPS24



BPS Autumn Parents' Evening

When is Parents' Evening?
How do I book my slot?

We look forward to welcoming you to our Autumn Parents' Evening on Tuesday 13th and Thursday 15th October.



Booking Information:

- Kindergarten to Year 4: Please make your booking via the BPS App.
- Year 5 & Year 6: Please make your booking via the Parent Portal.

Please note: The booking system for all year groups will close promptly at **9am on Monday 12th October and all clubs are cancelled on Tuesday and Thursday (apart from LAMDA).**

Learning to Save a Life: First Aid Training

We are delighted to welcome Kidz Fit to school on Monday 9th November to deliver an engaging and interactive First Aid Workshop for our pupils in Year 3 to 6.



During these hands-on sessions, children will learn essential life-saving skills, including understanding the role of a first aider, navigating the DR ABC protocol, and knowing exactly how and when to call 999.

The workshop also covers practical treatments for common injuries, CPR practice using training mannequins, and choking response techniques using specialist choke vests.

Each session lasts just over an hour, with the same vital topics being covered for every year group. Through these practical, scenario-based activities, our goal is to build the children's confidence and equip them with crucial skills to handle emergency situations safely.

NEXT WEEK

At a glance...

WC 12 OCTOBER

MON

TUES

Parents' Evening
Book Fair
Pre loved uniform sale

WED

THUR

Y5 Trip
Parents' Evening
Book Fair

FRI

School closes for half term

After School Club ***cancellations***

MONDAY

Y5 Netball

TUESDAY

All clubs cancelled due to parents' evening

WEDNESDAY

THURSDAY

All clubs cancelled due to parents' evening

FRIDAY

Key dates

Autumn Term 1

Bowdon Preparatory School
A REPTON SCHOOL

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Early Years Harvest Assembly - 9am	2
5	6	7	8 Individual Photos, full school uniform	9
13	13 Parents' Evening Book Fair	14	15 Y5 Trip Parents' Evening Book Fair	16 School closes for half term

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 School opens Y6 review meeting commence	3	4 Online Meeting: Y5 residential	5	6 BPS Society annual disco
9 First Aid worshops	10 Class Rep Meeting - 9am Y6 outward bound - online call - 6pm	11 Y2 Trip	12	13
16	17 Open Day for prospective parents	18	19	20 Recognising Children in Need/ Anti Bullying
23	24	25	26 Y4 Trip	27

Clubs

MONDAY
Y1 - Y3 Dance Club
(Y5 Netball)
Y3 - Y6 Ukulele
Y3 - Y6 Science Club
Y2 Art Club

TUESDAY
Y1 & Y2 Yoga & Mindfulness
Y5 & Y6 Chamber Choir
Y1 & Y2 Recorder Club
Y3 - Y6 Street Dance
Y3 - Y6 Fencing

WEDNESDAY
Y3 - Y6 Multi Sports
Y4 - Y6 Rock Band
Y3 - Y6 A Cappella Group
Y4 Netball

THURSDAY
Y6 Netball
Y1 - Y6 Drama Club
Y3 - Y6 Recorder Club

FRIDAY
Y3 - Y6 Yoga & Mindfulness
Y3 - Y6 Full Orchestra



MRS ABBEY'S LUNCH MENU

WC 12.10.26

MONDAY →	*Pasta with various sauces* *Broccoli* *Orange Cookies*
TUESDAY →	*Quorn or Chicken Roast Dinner* *Carrots and Cauliflower Cheese* *Fruit or Yogurt*
WEDNESDAY →	*Pizza wth various toppings* *Baked Beans and Sweetcorn* *Sorbet*
THURSDAY →	*Quorn or Chicken Escalope, Crispy Potatoes* *Peas* *Gingerbread man*
FRIDAY →	*Veggie or Pork Sausages* *Green Beans and Baked Beans* *Cupcakes*

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

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

Health and Safety Notice

As an 'Allergy Aware School' **- we are a nut and sesame seed free school**
(please note - this includes coconut and hummus)
Please be mindful when sending items into school, including birthday treats.
*** SNACKTIME - fresh fruit or veg please ***
Please cut grapes into QUARTERS (updated advice)

Curriculum

Reflecting on our week at BPS



Celebrating National Poetry Day in Year 5

From Carroll to Tennyson: Pupils Bring Classic Verse to Life

Last week, to celebrate National Poetry Day on Thursday 1st October, Year 5 pupils took on the inspiring challenge of learning a poem by heart. This annual event provides a wonderful opportunity for children to explore, enjoy, and celebrate poetry across a wide range of styles and eras.

As part of the challenge, some pupils chose to learn a pre-1914 poem, linking their poetry work directly to their current topic on the Victorians, while others selected modern works written after 1914. Memorising and performing poetry helps children develop confidence, build public speaking and listening skills, and gain a deeper appreciation for language, rhythm, and rhyme.

The effort, confidence, and enthusiasm the children demonstrated when performing their chosen pieces were truly impressive (scan the QR code to view some sample pieces).

SCAN HERE

Throughout the week, Year 5 also explored and performed a variety of iconic poems in class. The children particularly enjoyed diving into the nonsensical wordplay of Lewis Carroll's The Jabberwocky and the dramatic rhythm of Alfred, Lord Tennyson's The Charge of the Light Brigade.

Through reading, discussing, and staging these classic works, pupils developed a richer understanding of poetic imagery and device, while gaining an early appreciation for some of the most celebrated literature in the English language.



Young Musician of the Year Competition

Showcase Your Talent and Represent Bowdon Prep at the ISA National Stage

Do you love playing an instrument? Are you ready to share your musical talent and represent Bowdon Prep on a bigger stage? This is your chance! We are delighted to invite all pupils in Years 3-6 to enter our Young Musician of the Year Competition.

Whether you learn an instrument in school or outside of school, we would love to hear you perform. To enter, simply record a video of yourself playing your chosen instrument. At the start of your recording, please clearly state your name and the name of your school before beginning your performance.

All video entries should be emailed to rclarke@bowdonprep.org.uk by Friday 16th October. The Performing Arts Department will review all submissions and select the four strongest performances to go forward and represent the school in the ISA Young Musician of the Year Competition.





- Competition Rules Entries must be no longer than 5 minutes. Solo performances only; group performances are not permitted.
- Vocal entries are not included in this competition. Performances may be played from memory or with sheet music.
- A piano may be used as accompaniment if required; no other accompaniment is permitted.
- Students must provide their own accompanist and page turners if needed.
- No backing tracks are allowed. Instruments must be acoustic.
- Guitarists must perform on a classical guitar.
- Competitors may not perform their own compositions.

This is a fantastic opportunity to showcase your hard work, musicality and performance skills. Whether you've been playing for many years or have recently discovered a passion for music, we encourage you to take part. We can't wait to hear the talented musicians of Bowdon Prep in action! Good luck, and start practising!



Sport @BPS

Bowdon Prep Sports Roundup: Strong Starts and Superb Teamwork

It has been another busy and successful week of sport at Bowdon Prep, with pupils representing the school superbly across cross country and netball.



Dominant BPS Cross Country Performances at John Leigh Park

Last Saturday, our cross country runners competed in the first Altrincham & District meeting of the season at John Leigh Park. With the sun shining and more than 400 runners taking part across the various races, the event was a hive of activity and enthusiasm. It was fantastic to see such a strong turnout from Bowdon Prep pupils across all year groups. As reigning Altrincham & District girls' champions, our runners were determined to make a positive start to the season.

In the Upper Prep girls' race, Athena and Lola produced outstanding performances to finish in 1st and 2nd place respectively. They were well supported by Claudia, who finished 7th, and Issy G, who placed 13th. Thanks to a series of excellent performances throughout the squad, Bowdon Prep currently sits at the top of the team leaderboard after the opening race.

Our Year 3 and 4 girls also enjoyed a hugely successful morning, with Erin securing a magnificent 3rd-place finish. Combined with determined efforts from her teammates, the girls collected valuable points for the team competition.

Following the Prep races, our Pre-Prep pupils took on their own shorter course.

Despite the reduced distance, there was no shortage of determination and effort on display. Congratulations to Lucy and Summer in Year 2, who finished in 2nd and 3rd place respectively. A huge well done to every runner who took part and gave their all, and thank you to our families for their fantastic support throughout the morning. We look forward to returning to John Leigh Park for the next race on Saturday 7 November.



Exciting Netball action against St. Vincents for Y4 and Y6

It has also been an extremely busy week on the netball courts. Forty players from Years 4 and 6 enjoyed the opportunity to represent Bowdon Prep against St Vincent's Primary School. The fixtures provided valuable match experience, allowing pupils to develop their skills, demonstrate excellent teamwork, and grow in confidence. All players rotated positions throughout the matches to broaden their understanding of the game, representing the school with enthusiasm and determination.





A Historic Football Milestone: Premier League Primary Stars Football Debut

Looking ahead to next week, Bowdon Prep is set to reach an extraordinary milestone in the school's sporting history.

For the very first time ever, BPS will be fielding an official football team as our Year 6 squad prepares to step onto the pitch at the prestigious Premier League Primary Stars Football Tournament.

This landmark event marks our inaugural appearance in competitive football, and the excitement and pride across the school are electric. The squad has been training hard, showing immense dedication, enthusiasm, and team spirit as they prepare to blaze a trail for future BPS footballers. We wish our Year 6 team the absolute best of luck as they make history for Bowdon Prep—we know they will represent us with pride and grit.

Year 6 Secure Double Victory in 9-a-Side Field Lacrosse

On Monday 5th October, Mrs Baxter accompanied the Year 6 field lacrosse team to Withington for a spectacular afternoon of sport. Transitioning from our usual 5-a-side pop lacrosse to the more demanding 9-a-side field format, the squad of ten girls rose to the challenge brilliantly, delivering exceptional performances across defence, midfield, and attack.

The team demonstrated outstanding skill and tactical awareness, dominating the play to secure decisive victories in both of their matches. They defeated Withington 15–3, followed by an equally impressive 15–4 win against Moreton Hall.

A special mention must go to Sophia., who was voted Most Improved Player of the term so far. She was absolutely phenomenal, confidently carrying the ball out of defence and seamlessly linking up with the midfield on countless occasions.





Reflecting on the team's success in the beautiful autumn sunshine, Mrs Baxter said: "I am incredibly proud of how seamlessly the girls adapted to the 9-a-side format. Their teamwork across all areas of the pitch was outstanding, and they thoroughly deserved these two fantastic wins."

Huge thanks to Mrs Tomlinson (Year 6 parent) for joining the team on the minibus and being a fabulous cheerleader and timekeeper on the sidelines. A wonderful afternoon of sport all round!



Staff of the Week

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



Miss Cross

Miss Cross is kind, funny and very encouraging. She makes learning fun and helps everyone feel happy, confident and ready to do their best.



Mrs Wilshaw

Mrs Wilshaw is so caring, and we love learning with her, especially reading. She makes learning so much fun and helps everyone feel excited and ready to join in.



BOWDON PREP SCHOOL

BELIEVE
PERSEVERE
SUCCEED

ASHLEY RD, ALTRINCHAM, WA14 2LT