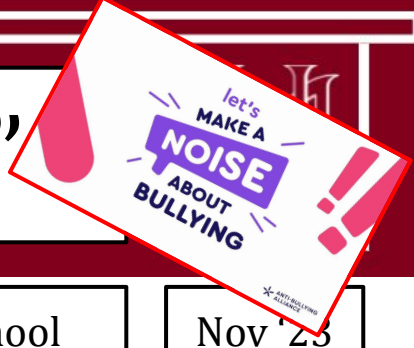




"MOWDEN MATTERS"



The definitive guide to Pastoral Matters at Mowden Hall School

Nov '23

Dear Parents and Carers,

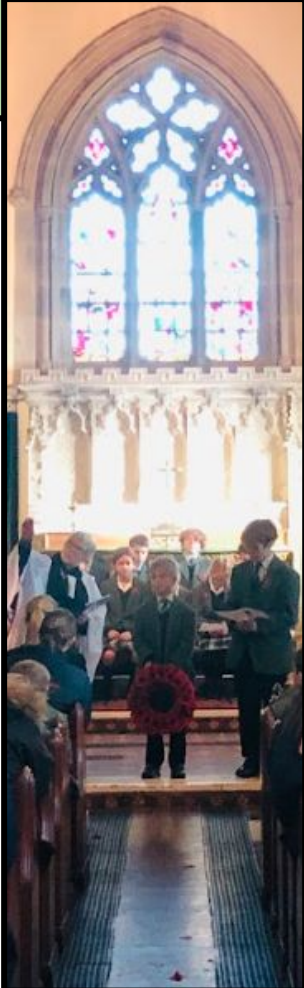
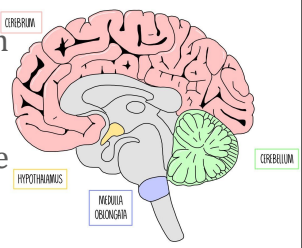
November proved to be another busy month pastorally at Mowden and quite how we manage to squeeze in so much, around lessons, exams, sport, trips and all the other goings-on continues to baffle me. Mowden is such a busy, vibrant place, that the children have no choice but to be swept up in the excitement of coming to school. It has been wonderful to see both the Year 3 children settling in to life here, becoming more independent and robust, but also that many of the children who have found the start of term tricky are now gaining confidence and seeming much happier.

December can prove testing for some children, with fatigue and over-excitement becoming a factor - I would urge parents and carers to stay in close contact with Form Tutors or me should you notice things becoming difficult.

With two and a half weeks to go, there is a lot to squeeze in and holding back a festive Mrs Martin is proving somewhat difficult!

Mr P. Sturt

Both the **Prefrontal Cortex** AND the **Amygdala** have been studied in Assemblies this month, explaining why parents should be trusted to make the best decisions and how we should use empathy when setting expectations of others. VERY highbrow!



Remembrance was observed beautifully at St James' Church on Friday 10th. The children were impeccable and our visitor Major W F Squires RA complimented everyone on how fitting the service was.

DIWALI 2023
 All children in both Pre-Prep and Prep School have enjoyed learning more about the celebration of Diwali - Mrs Chattree gave a fantastic, personal presentation, which we all enjoyed!



"MOWDEN MATTERS"



STUDENT COUNCIL IDEAS - THE PUPILS' VOICE

Things we do well:

- Boarding is exciting!
- The Year 7 play is going to be amazing!
- Having lunch with my friends is great!
- The food is amazing!
- Activities options are really good!
- Thinking about mental health and wellbeing is going well.
- Sports fixtures are exciting and fun, but they are hard!
- The Anti-Bullying button on the homepage

Things to improve:

- Some activities need to be a bit calmer.
- Manners at lunch.
- The Changing Rooms being locked by Mr Sturt.
- We want somewhere to go if we feel sad, nervous or frustrated.
- More Christmas spirit.

Student Council is a really important aspect of school life as children need to feel a sense of ownership. Student Councillors chaired a structured session, hoping to find out the burning issues in the pupil body. These ideas are then put forward for development as and when possible.

WELLBEING AWARD FOR SCHOOLS UPDATE

Many of our Wellbeing Ambassadors met this month to discuss ideas to push forward Wellbeing and Mental Health. Top of the agenda:

1. Student Buddies - there to support younger children
2. A physical space to go to, when in need.
3. A Buddy Bench in Small Woods, in case you just don't have anyone to play with.

COMING UP
NEXT!



The Pupil Attitudes to Self and School (PASS) is a short self-evaluation survey that may be used to gain insight into attitudes that could be hindering achievement.