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Dear Parent,

The weeks are passing at a fast pace. On that note, the Lower School House Cross Country took place yesterday. There was a lovely atmosphere. The Senior School event took place this week too. There were many impressive performances. The best feature however, was the effort and determination evident. Not everyone is a natural runner but it was impressive to see pupils digging in and giving their very best for their House. Fantastic spirit!

The Lower School swimmers are performing exceptionally well at the moment. Their training appears to be paying off with improved personal best times across all disciplines, well done! We will keep a close eye on individuals as they head off to the various swim meets in the forthcoming weeks.

Year 6 Parents' Meetings are during week commencing Monday 13<sup>th</sup> February. Parents have been booking slots for either the face-to-face evening meetings or for the on-line option. Pupils do not attend the Year 6 Parents' Meetings. Please could arrangements be made for children to go home as usual.

Year 8 Parents' Meetings follow a similar format with a face-to-face meeting on Tuesday 28<sup>th</sup> February or an on-line option on Thursday 2<sup>nd</sup> March. It will also be possible for pupils and their parents to attend a Year 8 to 9 presentation by Upper School staff in the Arts Centre prior to the in-house meeting on the 28<sup>th</sup>. This will be a short explanation of the move to Middle School and starts at 5.15pm. Details are in the College Calendar and I will put reminders in the newsletter closer to the time. Pupils may attend the face-to-face Year 8 Parents' Meeting with their parents on the Tuesday evening.

Pupils have been encouraged to increase their personal reading and each pupil should carry a reading book in their School bag. Ms Rogers has extended the enrichment programme further for pupils. They should look on the designated page on FROG for challenges. It was good to see that the recent story writing challenge was popular, there were some outstanding submissions.

The Lower School Secretaries keep a signing out sheet in the Lower School office. Please would parents remember to sign out their child when taking them out of School early for dental appointments, etc. In addition, please would parents ring the Lower School office if they visit the College during the School day and the Secretary will come out to meet you. This is important for safeguarding legislation, the number to call is 01691 626511.

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We like to focus on healthy eating in Lower School and really do discourage children from bringing sweets into school. It is not only healthier, but also discourages unwanted squabbling. Tuck shop is once a week, as a treat and a maximum of £1 is advised. Fruit is always available to top up if a child feels hungry.

I would like to add a polite reminder for families to check and monitor the online/mobile telephone communications that their child is involved with from home. As you will know, we do not have mobile phone use in Lower School. They are devices that often cause more problems than they solve with immature children working their way socially through a complex world. Therefore, essentially the home has responsibility for use. Many social media apps are guided to over 13-year-old use and the College advise, that even Year 8 pupils should not be using those versions of apps until Middle School. We do explain carefully that inappropriate use and situations that could cause upset for others could possibly become a matter for the police. Therefore, communications should remain kind in all respects. There are helpful and interesting guides/articles, etc regarding online security on the College web pages.

Have a nice weekend and hopefully the weather will stay fine for fixtures to go ahead!

Yours sincerely,