



The Principal's Update

A very warm welcome back, I hope everyone enjoyed the half term holiday and had the opportunity to spend some time away from their screens. This week, it has been wonderful to see the sun shining over Howell's as students and staff returned to online learning, and it feels like spring is in the air!

GDST Eco Society

Year 12's Bethan D and the Howell's College Eco leads are all working together and discussing ideas as to what we can do as a school community to help with the current ongoing climate change crisis. [Click here](#) for more information.



European Youth Parliament

The European Youth Parliament took place over Zoom on the Saturday 20th and Sunday 21st February. [Click here](#) for more information.

Cardiff Rotary Breakfast's St David's Day Event

This is the last chance to purchase tickets for the Cardiff Rotary Breakfast's, St David's Day event. [Click here](#) for more information.

Academic Laureate

Congratulations to Annika N (Year 12) on the successful completion of her Academic Laureate.

The College Mace Debate

The College Mace Debate took place on Monday 22nd February via Microsoft Teams this year. [Click here](#) for more information.

Ayesha and Frances reach Cambridge Debating Finals

On Saturday 20th February Ayesha A and Frances DT, Year 13, took part in another impromptu British Parliamentary debate, this time at the Oxford regionals of the Cambridge Schools' Debating Competition 2021. They did extremely well and qualified for the finals along with three teams from Eton College. Very well done girls, an amazing achievement! [Click here](#) for a full write up.

Monday Motivational Masterclasses

The University of South Wales is running a series of Monday Motivational Masterclasses over the coming weeks on a wide range of interesting topics. These are a good, bite-sized way to gain an insight into new and interesting disciplines and vocations to help students make a decision about their next step after A levels. You can see the full list [here](#) and sign up using the same link.

AstraZeneca Early Talent Programme

Are you considering a career in science, clinical research, business, operations, or IT and Data? [Click here](#) for full details.

Future Frontline Healthcare Webinars

Future Frontline - an organisation founded by Norwich High School GDST alumna Nikki Kerdegari, who is in her second year studying medicine at King's College London - will be running a series of Zoom sessions for students interested in healthcare degrees. The webinars will take place between March until June 2021. The topics covered will include the following:

- Why choose this healthcare degree & career.
- Top tips for work experience during the pandemic.
- The application process and advice.
- How to write your personal statement.
- Interview tips.
- What it is like being that particular healthcare student.
- Life as a qualified professional in that career.

For more information and dates & times of these events please [click here](#).

Volunteers aged 18+ needed to support vaccination programme

Work experience opportunity: Volunteers aged 18+ are needed to support the vaccination programme with St. John's Ambulance. [Click here](#) for more information.

GDST Talks

The recordings of the most recent events with **Marissa Carrarini on Healthy Eating and Charlotte Robertson on Digital safety** are now available [here](#). We also have two fantastic talks confirmed for next half term. Next **Thursday 4th March Dr Nihara Krause** will speak on [The Science of Motivation: how to help your child keep going](#) – the thinking behind this was how to help parents keep students upbeat and on track with exams being cancelled and no definitive end in sight for lockdown. On Thursday 18th March, **Emma Gleadhill** will speak on [How to Get Your Daughter Through Puberty](#), which came as a feedback request from a parent.

GDST Alumna of the Year 2021

We wanted to let you know that the GDST Alumna of the Year Award 2021 launched this week, so please join in and nominate an outstanding candidate who you think should be recognised for their achievements. There are two categories – the main Alumna of the Year Award and the Trailblazer Award, which celebrates a young alumna who is making an early mark on the world – and you can nominate people for either category (or both). In 2020, Hywelian Chloe Smith won the Trailblazer of the Year Award, and we would love to have another Howell's alumna in the running for an award this year. Past winners and finalists come from all walks of life and include scientists, actors, public servants, sportswomen, artists, entrepreneurs, charity founders, social activists, film makers, lawyers, historians, journalists/broadcasters, and musicians, to name just a few. [To make your nomination click here.](#)

Have a great weekend.

Sally Davis, Principal