



# The Principal's Update

This week has been Children's Mental Health Week, which feels more important than ever during the difficult times we are living through. This year's theme is Express Yourself, and during assembly this morning I talked about the importance of creative activities and expressing ourselves. With so much time spent on screens during our working and school days at the moment, this weekend might be the perfect time to bake a cake, draw a picture or listen to some music.

On Monday evening, I was delighted to host the College Information Evening on Zoom for external students and their parents who are interested in joining our Co-Ed College. The evening included a wide variety of talks about the EPQ, debating, the Laureate Programme, Careers, our Talented Athlete Programme and Music. Current College students also talked about life in the College from their point of view. More than thirty families joined the call to hear about what the Co-Ed College has to offer. Thank you to Mrs Hall-Davis and everyone who helped make the evening such a success.



On Wednesday afternoon I attended a meeting of the Board of Governors on Zoom. I am enormously grateful to our governors for the hard work and support they give to me and Howell's, particularly during the times we are living through.

### GDST Creative Writing Competition 2021

Many members of our School and College community have been involved in writing some fantastic creative pieces in response to the topic of 'Belonging'. [Click here](#) for more information.

### Creative Crunch Week 3

Knock me down with a feather... what creative talents we have in Howell's. Last week's 'Creative Crunch' was on the theme of 'birds' and we have enjoyed reading some brilliant work to coincide with the RSPB Big Birdwatch last weekend. [Click here](#) for more information.

### College Students Reflect on Mental Health and Resilience in French Lessons

In French lessons this week College students reflected on mental health and resilience through the medium of French. [Click here](#) for more information.

### Howell's Virtual Choir

This is the last weekend before the upload deadline for students wishing to take part in our virtual choir, singing Welsh folk song *Sosban Fach*. Students have been sent an email from Director of Music Ms Edwards with details of how to take part. The deadline for uploading is **12pm on Wednesday 10th February** so please ensure your daughter or son is aware of this if they wish to be a part of this fantastic opportunity.

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### **Howell's Guitar Tutor to Judge the Glamorgan Music School's Online Eisteddfod**

Many congratulations to our guitar tutor, James Chadwick, who has been announced as one of the judges of the Glamorgan Music School's online Eisteddfod. [Click here](#) for more information.

### **Sue Rayner**

I am very sorry to tell you that Sue Rayner, Secretary of our alumni organisation The Hywelian Guild, passed away at the end of January following a short illness. [Click here](#) for more information.

### **PwC Virtual Insight Week**

Year 12 students who are keen to understand how they can progress their career in the world of business, accounting or technology at PwC, can attend the Virtual Insight Week. [Click here](#) for more information.

### **National Apprenticeship Event:**

- Monday 8th February, 3pm - 5pm
- 8 different apprentice highlight journeys
- Open to all year groups in Year 10, Year 11, Year 12 & Year 13
- Opportunity to ask questions and find out about other young people's career journeys
- Learn about different types of apprenticeships, some myth busting and a few prizes along the way!

[Click here](#) to register

### **GDST Women in Medicine online event Wednesday 3rd March 6.00pm – 8.00pm on Teams**

Students from Year 8 and above who are interested in a career in medicine are encouraged to attend. Hear from a dynamic female panel of women in medicine, ready to offer expert advice and insight to students. The event will be followed by a Q&A - a chance to find out all about the challenges and opportunities of being a woman in medicine.

- Are there barriers for women in medicine?
- What are my best routes to a career in medicine?
- How can I stand out and make an impact?

Please register by [clicking here](#) or email [outreach@shr.gdst.net](mailto:outreach@shr.gdst.net) to find out more.

### **Careers in Medicine Conference - open to students in Years 10 and above — Saturday 13th March**

GDST Shrewsbury High School will be hosting their 6<sup>th</sup> annual BioMed Conference with a focus on careers in Medicine. This is a free online event on MS Teams for students in Year 10 and above to be held on Saturday 13th March 2021 from 9:00am until 12:30pm. [Click here](#) to register to attend.

Have a lovely weekend and I look forward to seeing everyone on Monday when the last week before the half term break will begin.

**Sally Davis, Principal**