



'Gratitude is more than saying thank you for dinner, its saying thank you to God. When you give thanks, thanks gives back. So be grateful for what you have, and you'll have everything you need.'

Dear Parents,

The term is in full swing and it has been a delight to see our girls so involved with such a variety of learning opportunities. From a visit by an alien from outer space to our EYFS pupils for a great topic starter, to Form I out and about identifying local landmarks in the town, and Form IV visiting the Fitzwilliam Museum (well worth a visit for families) to see stunning examples of Egyptology, the first two weeks of term have been full of fun and endeavour.

Next week, we have the first of our Parent Forum events, Form III are visiting the Roald Dahl Museum and several girls will be off to represent St Hilda's at the ISA London North Cross Country event.

In assembly this morning, we continued to think about the importance of

gratitude and what this word really means. The girls were very perceptive in considering the two sides of the 'glass half full or half empty' maxim. Some aspects of life are hard to be optimistic about, but when we consider our blessings against the starkness of the modern world and the strife that is so often evident, we really should remember to be very grateful for all that we have, as a community and as individuals. Approaching the things we find challenging with a positive attitude is a familiar discussion, but we all need frequent reminders of this and to apply it to our own situation.



Form III have created this lively piece, based on the work and ideas of L S Lowry. Their initial focus was on illustrating snow against the backdrop of the industrial north in Lancashire, where he lived and worked.



Congratulations

A great start to sporting success this term with victories for both A and B Form VI Netball teams against Abbot's Hill this week, winning 2-1 and 3-1 respectively. Well done to two of our Form V squad who joined the Form VI teams to great effect.

Many congratulations too to Astrid, who left Form VI last summer; she represented the national rowing squad at Lee Valley last December, gaining a bronze medal for 3rd place in the Year 7 500m event. A massive achievement for Astrid – very well done!

Violin/Viola lessons

In assembly last Friday, the girls were visited by our strings specialist Mr Perkins. Mr Perkins demonstrated the versatility of the violin and viola, as well as playing some very exciting pieces for us to enjoy. Learning any instrument is fun and rewarding; playing a string instrument is hugely beneficial to brain development, working both sides of the brain simultaneously. There is a very interesting TED talk about these benefits here <https://ed.ted.com/lessons/how-playing-an-instrument-benefits-your-brain-anita-collins#review>. Mr Perkins is offering a free violin/viola trial lesson for any of our girls in Forms I-VI. Please do contact Mrs Lipman if you are interested in this offer.



Shakespeare Monologue Competition

A reminder that Form V and VI girls can enter the ISA Shakespeare monologue competition which Miss O'Hare has organised. We look forward to this in two weeks' time. Please let Miss O'Hare know if your daughter wishes to take part.

Drama Summer School – save the date!

Miss O'Hare will once again be running her popular Summer School this year, the week being Monday 23rd to Friday 27th July, for Form III upwards. Please save the date to avoid disappointment. A letter will go out in due course.

Volunteers

We are so grateful to all of our parents and friends who support the School in any capacity. Some of our parent volunteers are not always able to help due to their other commitments, so if you are interested in coming in to help with reading, times tables or more practical activities, please let the Office know.

Parents Evening

A reminder that parents' evening requests are due in by this Monday, 22nd January.

Snacks

A polite reminder that girls should bring fruit or vegetables for their snacks. A plain biscuit is provided if anyone is still hungry, once they have eaten their fruit.

The next newsletter will be published on Friday, 2nd February.

With best wishes

Mr Sayers
Headmaster