

THE VIEW

FRIDAY 10TH
JANUARY 2020

The Week Ahead

Week 2

Monday 13 January

14:30 Duty Form - 8P
GF: U13 SNS Cup v Beaconsfield High (h)

Tuesday 14 January

09:00 11+ Music Scholarships, Recital Room
13:30-16:30 Primary Chess Cup A team @ Rocks Park School

Wednesday 15 January

10:45 - 12:30 Year 5 Team Building
11:00 H: Seaford College Tournament U13 A & B
14:00 H: v Lingfield College: Colts A, Colts B (h)
14:15 N: v Windlesham: U11B, U11D, U9 & U8 Festival (h); U11A, U11C, U11E (a)
14:45 H: v Lingfield College: Colts C, Colts D (h)
14:45 H: v Ashdown House: U9B, U9C (h)
15:00 N: v Windlesham: 1st, 3rd, 5th, 7th (h); 2nd, 4th, 6th (a)
15:00 N: v Handcross Park: 8th (h)
15:30 H: v Lingfield College: Colts E, Colts F

Thursday 16 January

14:30 XC: Junior event @ Cumnor House (Years 3 & 4)

Friday 17 January

09:30 Friends' Committee meeting (offsite)
15:00 - 16:30 Mark Russell Sports Talk for Parents: How to Help Your Child Perform Freely (Under)

Saturday 18 January

09:00 - 16:00 11+ Scholarship and Entrance Assessments, Prep Drama

Sports Fixtures are available on the sports website www.ardinglysport.com

Parent Notices

Parking/Dropping Off Children in the Morning

Please do not Park or drop your children off by Neal and Burgess Houses, this is for the safety of your children and also to improve the traffic flow through the College during busy times. Please use the Kiss and Drop area in the mornings.



Headmaster's Letter

January 1st. Time to reinvent ourselves. Some of us, most of us, all of us, consider making New Year resolutions. We do this hopefully to make ourselves better. To develop new habits. I read somewhere that it takes 66 days for something to become a habit. I also read somewhere we should keep our resolutions to just one or two words. Mine this year, and hopefully forever, is an acronym using the letters SEE. It represents Sleeping, Eating and Exercise; getting the right amounts of each is vital!

I then thought about an acronym that could be useful for our pupils as they enter a new term, a new year, a new decade. I played with the word **TRUST**. T R U S T. Trust. Every term our pupils are faced with challenges, tasks, difficulties, complications, exams and other tricky situations. How they choose to deal with these is up to them, yet I hope by using the letters **TRUST**, they'll deal with life in an even more confident and purposeful way.

TRUST. T stands for **Training**. Whatever we want to succeed in, we must train hard: we need to rehearse with focus for a play, to work hard for an exam, to practise well for a music lesson. We need to train well for a race. The more effort we put in, the better we'll become and the more confident we'll become.

TRUST. R stands for **race**. Whatever we are doing, we should to look back on our past successes. And failures. We need to learn from them and think what worked in the previous play, exam, lesson or race. The more we learn from our past successes and failures, **those races**, the better we'll become and the more confident we'll become.

TRUST. US. Yes **US**. One should never be alone in our challenges, tasks, difficulties, complications, exams and races. We're all in this together. The more we work as a team, the better everyone becomes and the more confident we become.

TRUST. T stands for **Talk**. Life is challenging. Children must talk about it. It's not a weakness to admit that we find it challenging, difficult, overwhelming or hard. We must not let the demotors in our heads conquer our positivity and beliefs.

As Charlie Mackesy suggested the bravest thing a person could ever ask for, is help. Perhaps we are at our strongest when we have dared to show our weaknesses. Asking for help isn't giving up. It's refusing to give up.

TRUST and believe in yourself.

T- Train well

R- remember your great or not so great Races

US- we're all in this together

T- Talk about your worries, and concerns

@HarryHastings10 @ArdinglyPrep @ArdinglyPS

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**Mark Russell “How to Help Your Child Perform Freely”,
Parent Workshop,
Friday 17th January, 3pm-4.30pm, The Under**

This workshop is aimed at parents of children who might be athletes, dancers, singers, musicians, aspirational actors or anything else. It will help you discover how to communicate with your child in a way that supports your child to perform freely without expectation, pressure, or worry. Please click this [link](#) to book your place through the Parent Portal.

2020/21 Forthcoming Trips Residential Sport and Ski

There are still places available for the **Residential Sports** trip to Bryanston Tuesday 7th – Saturday 11th July 2020 for Years 5-8. To find out more about the course and to sign up please follow this [link](#). The deadline to sign up is Friday 24 January.

The Skiing Trip for 2021 for current Years 5-7 is now full. If you would like your child to be placed on the waiting list, then please get in contact with Mr Howe nick.howe@ardingly.com

Clubs

Yr 3/4 Winter Cricket

Cricket is cancelled on Monday 13th January due to Mock exams taking place in the sports hall. Cricket will resume the following week on Monday 20th January.

Drama News

We Will Rock You

Please find attached a letter from Ms Spink with regard to the Rehearsal Schedule for the Upper School performance of **We Will Rock You**. The Chequer Mead Theatre Box Office is open for ticket sales; please book directly.

HMIs

Ishitha Yedupati, James Field, Ty Blechman, Sophie Holland, Isabelle Liggins, Harrison MacMillan, Charlotte Pope, Maddie Rees-Davies, Esme Teasdale, Jay Warwick, Alfie Robinson, Theo Field, Rex Hastings, Sam Rose, Archie Mills, Harrison MacMillan, Amelie Crease, Rochelle Peacock-Munns, Thomas Broom, Ben Wallis, Darcey Walker-Lee, Harrison Wallaert, Neil Warwick, Georgia Green, Theo Hall, Neriah Oyedele, Emma Green, Scarlett Heyburn, Lauren Koziarski, Lettice Schulz.



Vocab Express Winners from the Christmas Express Competition 2019



ARDINGLY
Prep



Shaping My World