



As we leave January behind, it is a joy to see that the afternoons are starting to get longer and the mornings a little lighter.

The girls continue to work hard at their studies and embrace taking part in the many varied sporting and co-curricular activities that are on offer at Heathfield. It was wonderful to see so many of you on the sidelines at our annual Lacrosse invitational, thank you for your great support. In addition, congratulations to Doddie, Rosaleen and Teale who did a great job representing us earlier this week at the British Schoolgirls' Ski Racing in Flaine.

Turning to more serious matters and the Coronavirus, you will be aware of the communication and actions that we are taking as a school here. If you are at all concerned about any aspect of our preparations, please do contact us.

Best Wishes

Mrs Gardiner Legge, Headmistress



British Schools Ski Racing Competition

The 2020 British Schoolgirls' Alpine Ski races were an opportunity for three of our girls, Doddie and Rosaleen (Form III) and Teale (Form IV) to take part in two days of race training followed by two days of racing, completing both a Giant Slalom and a Slalom.

The weather and snow conditions were kind on Saturday, Sunday and Monday. All the girls completed both runs for the Giant Slalom, but worsening conditions on Tuesday made the

The girls were enthusiastic and hard-working throughout, both on their skiing as well as on the assessments that were completed most evenings. All in all, a rewarding and enjoyable trip.

Mr Jeremy Hart, Director of Sixth Form



RIBI Music Competition

Tina in Lower Sixth competed in the local heats of the *Rotary Young Musician Competition (RIBI)* on Tuesday 21 January. Tina played *Piano Sonata No. 50 in D major*, Hob XVI/ 37 by Haydn and Waltz in A minor by Chopin on the piano.

The Judges admired Tina's performance, said she performed expressively with flair and that her playing successfully captured the style of Classical and Romantic music. Well done to Tina for her participation in the competition.

Miss Su Mei Kong, Assistant Director of Music



Parent and Pupil Talks by Dr Pooky Knightsmith

On Friday 24 January, Heathfield welcomed the internationally renowned Dr Pooky Knightsmith, an expert in Child and Young People's mental health. Pooky is the author of numerous books and she has presented to fields of professionals offering advice, tips, strategies and an honest reflection of the difficulties our young people can face. She spent the afternoon speaking to our staff, pupils and parents, sharing practical approaches to promoting and supporting those with mental health issues and arming us with the skills and information we need to support the children in our care.

We hope to build on these skills and most importantly recognise that help-seeking behaviour is a vital skill and we need to ensure that we instil in our pupils that we are here to listen to them, and for their voices to always be heard.

She spoke to the girls about coping with stress and anxiety and the steps to take to avoid resorting to more harmful coping strategies. Whilst offering some reflection about emotions and that experiencing different emotions is perfectly normal; we all just need to have strategies to cope with them. The girls were engaged and took note of the warning signs to keep an eye out for as they might indicate a fellow student is suffering with a mental health issue and signposted where they need to go to get help.

Key Links

Twitter: [@PookyH](#)

Instagram: [@PookyH](#)

YouTube: [Pooky Knightsmith](#)

Mrs Rachel Whitton, Director of Pastoral and Boarding, DSL & Wellbeing Lead



Upper Sixth - Leiths Wine Tasting

On Tuesday 28 January the Upper Sixth Leiths students attended a presentation on *Tasting and Pairing Wine with Food*, delivered by Vivienne Franks, from Aspects of Wine Limited. She outlined where wine grapes are grown, how wine is made, the various styles of wine and how these can be successfully matched with different ingredients or dishes.

Vivienne explained how to interpret the information on the bottle label and how to store and serve wine at its best. She called tasting the wine 'thinking drinking' and enthusiastically led the students through the process of looking, then smelling and finally sipping.

Foods representing the core tasting elements such as saltiness, sweetness, acidity, and bitterness were then paired in complementary and contrasting ways with six different wines. This prompted the girls to discuss and ask numerous perceptive questions, further developing their appreciation of different wine styles and qualities, which could prove useful in any dining situation.

The evening was most enjoyable, and Vivienne left us all much better informed and suitably enthused.

Mrs Margaret Blackburn, Subject Leader of Cookery



Seacole House Shield Outing

Following our victorious win of the house shield last term, all the girls and staff in Seacole house were really looking forward to a celebratory supper at Pizza Express on Monday 20 January. This was also a great opportunity to thank everyone for all their hard work last week during House Music.

We arrived in great spirits and were soon tucking into our favourite pizzas washed down by copious quantities of soft drinks. Fun conversations were had between girls and staff and all the girls would like to thank the staff for their support. This was a great start to the week for all of us.

Nicole, Seacole House Captain



SPORT REPORT

On Saturday 18 January Heathfield hosted our annual *Invitational Lacrosse Tournament*. It was great seeing so many girls taking part in sport and enjoying themselves, despite the frost! All our teams played brilliantly, from U12 to Seniors. Congratulations to our U12 and U14 teams for winning their age groups and a gold medal. Unfortunately, after a fantastic morning of determination and persistence for the Senior 1st team it all came down to the final game, losing by just one goal, however they were worthy winners of the silver medal, it will be gold next time!

On Sunday 19 January four of our girls competed in the *South Zonal Trampolining Competition*, which we qualified for in December. The girls bounced brilliantly, especially considering some have only been bouncing for 6 months.

On Monday 20 January Heathfield Swimming Squad competed in the *Ascot Schools Swimming Gala*. The girls swam superbly, winning the U13 and U12 age groups. Well done to all the girls who swam, particularly those girls who swam for older age groups, a fantastic team effort!

On Tuesday 21 January our U13A&B netball teams played against Ranelagh. The girls applied their skills and strategies from lessons and training to the games. Well done to

On Wednesday 22 January our Senior Netball Squad competed in the *Ascot Schools Netball Tournament*. After a slow yet steady start, drawing our first two games, we managed to put up a good fight. Unfortunately, St Mary's was the hardest, and our last game. The girls played well, and it was a great team effort. Well done to the Players of the Tournament Cesca and Scarlett.

On Thursday 23 January the U14 & U15 netball teams played against St George's, Ascot. Both teams put in a huge amount of effort and pulled together. Well done to all the players, Ella S was awarded Player of the Match for U15.



On Tuesday 28 January the U12A&B netball teams travelled across Bracknell to Ranelagh. We fought hard, put into practice our newly developed skills and played fantastically! Both teams came away with a win. It was lovely to see so many girls taking part and enjoying their netball. Well done to the whole U12 squad, not only for their performances on the court, but also their support and maturity off the court. Well done to Players of the Matches Izzy and Tia.

On Wednesday 29 January the U13 Swim Squad competed at the second *Wycombe Abbey Swim Gala*. After our great success at the first meet, we were determined for a repeat! Thank you to Emily for replacing Johanna when she was too unwell to swim. The girls swam



tes

independent
school awards
2020

Shortlisted

Boarding school of the year

House Weekends





Weekend 18 - 19 January

Following the invitational lacrosse tournament on Saturday morning, Brontë House girls enjoyed pottery painting, shopping in Camberley or a trip to the cinema. Everyone loved (and sang along to!) *Frozen 2*, Miss Willimott and her group cried at *Little Women*, and some brilliant mugs, plates, and bowls were painted by the pottery group.

Meanwhile, Forms IV and V spent the afternoon learning self-defence techniques under the expert tuition of former national Taekwondo champion Matt Winter. They came away with a greater understanding of how to avoid dangerous situations and a store of techniques to disarm any would-be assailant, practising these on each other during the evening, amid much hilarity!

Elsewhere on Saturday evening twenty girls and three staff went to Shen Yun in London where they entered another world full of awe, magic and a kaleidoscope of colour. All were entranced by the elegance, beauty, and grace with which this history of China's culture was presented.

Back at school, Form II enjoyed a social, with supper and laser tag with their guests from Sunningdale Prep School.

Sunday was a more relaxed day with Forms I and II making Jaffa Cakes and Form III playing Segway Frisbee with great skill in the school fields.

Talented Heathfield musicians from all Houses spent time on Sunday afternoon in the Recording Studio, laying down tracks and building on existing knowledge under the expert guidance of Tom Worrall. They are looking forward to further sessions later in the term.
Mrs Janet Liepa, Deputy Housemistress Middle House



Heathfield Summer Camp for Girls 2020

12 July to 8 August 2020

Art - Crafts - Cookery - Dance - Drama - Fashion
Music - Photography - Shows - Field, Racquet & Water Sports

Plus activities with girls from over 25 countries at our International Summer School. Heathfield is delighted to announce that bookings for our own very popular Summer Camp are now open.

We accept Day Girls from age 7 to 15 and Boarders from age 8 to 15. Girls can attend for just a day or up to the full four weeks.

Summer Camp offers lots of fun and friendships and the course includes:

- Full use of the school's facilities, including the performing arts centre, art and cookery suites, dance and spin studios, sports hall, indoor pool, tennis courts and playing fields.
- A wide choice of healthy, hot and cold food at all mealtimes.
- A weekly Show or Exhibition late on a Thursday afternoon to which parents are invited.
- School Housemother, Nurse and pastoral team to look after girls' welfare.
- Former Summer Campers acting as Helpers, to welcome and help look after the girls.
- Breakfast Option from 8am and Late Stay Option from 5.30pm

For information about courses, call 01344 885197 or email summerschool@heathfieldschool.net or look at the Summer Camp section of www.heathfieldsummerschool.co.uk



Dates to Remember

01 February	History of Art Conference*
07 February	Founder's Day
	13.30 Speaker: Sarah Begum
	19.30 - 20.45 Guest Artist Concert for all pupils
12 February	Speaker: Ella Robertson, Managing Director of <i>One Young World</i> *
15 February	15.00 HALF TERM
23 February	20.00 Form I - IV Return
	21.00 Form V & Sixth Form Return
26-29 February	Form III Trip to Barcelona
04 March	Speaker: Catherine Anderson, CEO <i>Jo Cox Foundation</i> *
07 March	Open Morning
18/19/20 March	<i>Sweet Charity</i> Drama Production*
27 March	12.00 END OF TERM
19 April	SUMMER TERM
	18.00 - 21.00 Boarders Return
20 April	08.00 All pupils return
02 May	Opening Morning
07 May	15.00 Exeat Begins
08-10 May	Bank Holiday Weekend
13 June	Sports Day*
27 June	Parents Day*
	END OF TERM

* **Parents are welcome to attend these events.**



