

# BOWDEN

*Life*



**March**  
2026

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# Welcome

## Dear Parents & Carers

As we reach the end of what has been a particularly wet and, at times, challenging term, it feels important to pause and reflect on just how much has been achieved across Bowden House. Despite the weather doing its best to disrupt plans, the energy, commitment and positivity shown by our students and staff have ensured that this has been a term full of opportunity, growth and success.

A real highlight has been the wide range of trips and enrichment activities our students have experienced. From an inspiring behind-the-scenes tour of the Amex Stadium in Brighton, to the teamwork and problem-solving required in escape rooms, students have continued to build confidence and collaboration skills beyond the classroom. Go-karting trips have brought out both competitive spirit and resilience, while sessions in professional music studios have allowed students to explore DJing and music production in authentic, exciting environments. These experiences are a vital part of our curriculum, helping students to discover new interests and strengths.

We have also been delighted to welcome magician Phil Pearson into school this term. Phil has begun working with our students on an exciting whole-school project, culminating in a Christmas performance that will involve everyone. The enthusiasm, creativity and confidence already being shown by the boys during these sessions has been fantastic to see, and we are very much looking forward to seeing this come together later in the year.

Back in school, we have continued to invest in and develop our learning environment. Our therapeutic classrooms continue to evolve, ensuring that students are supported in ways that allow them to thrive both emotionally and academically. We are also in the final stages of designing our new music technology and performing arts space, alongside further enhancements to the fitness suite, developments that we are incredibly excited about and which will further enrich the opportunities available to our students.

We recently hosted a group of school leaders from Tower Hamlets. It was a proud moment for Bowden House, as visitors commented on the calm, purposeful and nurturing environment our students experience every day. Their feedback reflected what we know to be true: that Bowden House is a very special place, where relationships, care and ambition sit at the heart of everything we do.

For our Year 11 students, this term has marked the beginning of their final examinations. Having already successfully completed their PE moderation, they have made a strong start to this important period. The moderation itself was a fantastic example of our school community in action. Students from across all year groups came together to support the process, and once again the external moderator was hugely impressed—not only by the high standard of performance in football and table tennis, but by the collaboration, encouragement and mutual respect shown throughout. It was a powerful demonstration of our “We Not Me” ethos in action.

This same sense of achievement is evident in other areas of the curriculum. In both music technology and food technology, students have already been assessed on their practical work, with feedback highlighting the quality, creativity and effort that has gone into their outcomes. It is clear that students are taking real pride in what they produce.

Sport continues to play a key role in developing confidence, leadership and teamwork. Our sports leaders have done an outstanding job this term, supporting younger students in their PE lessons at local primary schools. They have represented Bowden House with maturity and pride, acting as role models and demonstrating not only strong sporting ability but also patience, encouragement and leadership, qualities that reflect the very best of our school community.

Reading has remained a central focus this term, continuing to grow as a strength across the school. Many students have enjoyed our “Book and a Beverage” initiative, celebrating engagement in reading. Alongside this, staff have worked hard to embed reading across the curriculum, supporting students to access learning more confidently and accelerate their progress even further. A particular favourite for many has been “Story Time with Scotty”, which has brought enjoyment, connection and a shared love of stories to our school community.

Overall, this term has been a powerful reminder of what our students can achieve when they are supported, challenged and inspired. Their progress—academically, socially and emotionally—continues to be something we are incredibly proud of.

As we look ahead to the next term, we do so with excitement and optimism, confident that there is even more to come.

**Neil Wells - Headteacher**





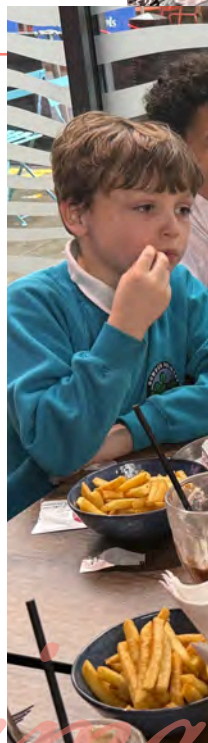
# Primary

## Ruby & Sapphire

Our first topic was learning about religions of the world, which included a trip to the East London Mosque, where every Bowden pupil did the school proud, showing an excellent attitude and behaving impeccably.

We also had a visit from a steel pan drum expert for a workshop and everyone created a beautiful tune.

We've had a great start to the year and there's lots to look forward to in the summer term, including more fun topics in class, lots more trips, and, to cap it all off, our school BBQ.



This spring term at Bowden Primary we've been up to lots of exciting things as usual. In class all the children have been making excellent progress through their hard work, and all the children have shown loads of 'We not Me' team spirit, earning them a group reward trip to Jimmy's Restaurant!

*Bowden Primary*



# ary Times...



## City Farm

Out of school visited Stepney City farm to help build a raised bed which we will grow tomatoes in as spring develops. We've been down to the forest (aka Tower Hamlets Cemetery!) every week where we've been building dens, creating clay animals for the woodland habitat and even creating a woven wooden fence.

rary

# Roche, Topic, Citizen

## Bobcats

Our English sessions focused around 'The Rabbits' written by John Marsden and illustrated by Shaun Tan, a hauntingly beautiful, thought-provoking picture book about colonisation and the effect of man on the environment. We learnt about literacy tools such as personification, parallel themes as well as cause and effect to create a meaningful story. We thought about the difficult history of the colonisation of Australia and the impact of this on both past and present indigenous people. There were some very empathetic and informative discussions taking place in the classroom it was so valuable to hear how considerate your young people can be.



We have also written poetry about our own heritage and experiences after reading the poem 'I come from...' by Joseph Buckley. Finally, we looked at media bias and scripted our own podcast ideas. The Bobcats were very creative in their ideas and planning, with topics such as life at Bowden, Star Wars trivia and historical cuisine being used.

Our maths learning has been full of energy, curiosity, and collaboration! Bobcats have been developing their understanding of time, including reading clocks, calculating durations, and solving real-life problems involving timetables.

They have also been exploring fractions, learning how to recognise, compare, and work with different parts of a whole. Alongside this, there has been a strong focus on multiplication, addition, and subtraction, with your young people building confidence in both written methods and mental strategies.

Learning has been brought to life through a range of practical, game-based activities. These have encouraged problem-solving, discussion, and teamwork, allowing pupils to support one another and share their thinking. It has been fantastic to see such enthusiasm and cooperation as they tackle challenges together and celebrate their progress, ultimately modelling the Bowden 'we not me' ethos.



# The Core...

# enship & PE

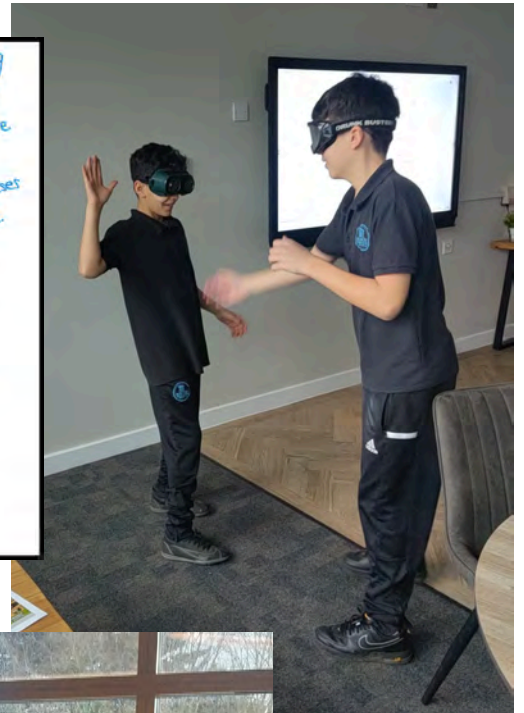
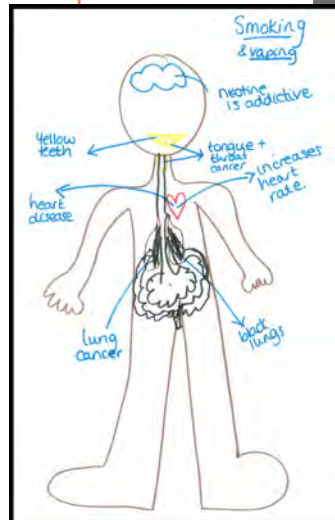


## Citizenship & RSHE

This term in RSHE and Citizenship, the focus for years 7-9 has been on healthy lifestyles and relationships. Students have discussed the effects of legal and illegal drugs and alcohol, growing up and changes that occur during puberty, consent, and how a balanced diet and exercise contributes to physical and mental health. Some students have also learnt about first aid, online safety, female genital mutilation and types of contraception. The students in years 9-11 working towards their GCSE in Citizenship have learnt about the UK's role in international organisations, how general elections work in the UK, and have analysed trends in crime data.

Outside of our usual lessons, students have had some really exciting opportunities this term. James MacCleary, the MP for Lewes, paid us a visit and students had the chance to ask him some questions. We have also had a performance from a travelling theatre company, Voices of the Holocaust, who put on a play for us called 'Kindness: A Legacy of the Holocaust'.

Well done to all students for participating so enthusiastically in your learning this term and I wish you all a lovely holiday



## English

This term has been short...but vibrant! Intellect has been developed and stretched; individual creativity has been off the charts – there has been no shortage of hard work.

World Book Day helped us keep a sharp focus on our school mantra: Reading = Knowledge = Power. Many students were able to enjoy our now legendary “Book and a Beverage” experience: choose your own gift of reading material at a local bookshop... and then enjoy it over some light refreshments! Students were also able to participate in a Scavenger Hunt...as well as take part in a serial “Storytime with Scotty” reading challenge, with a trip to Nandos up for grabs! Swing by to see Miss Scott’s “merch” if you can...it is unrivalled.

On site, learning has continued at an astonishing pace. The Cougars have continued to enjoy their daily “Wordle” and “Contexto” challenges, but this has not diminished their commitment to reading examples of “Protest Poetry” and then analysing them...in depth.

The Lions have been investigating different types of poetry and using their understanding of poetic conventions and devices to create some incredible examples of their own.

Our Key Stage 4 students have not stopped finely honing the reading, writing, speaking and listening skills required to be successful in the formal qualifications they are taking. Year 11 have bravely faced more Learning Checkpoints in preparation for their upcoming final exams. And some of our Year 10 students have been researching and drafting speeches on a range of pertinent, real-world issues. This has made for vociferous and interesting debate at times.

We urge you to get out in nature this Easter break – the new lambs are utterly compelling and make our hearts swell!



# Bowd



## Maths

This term has been a particularly productive and rewarding one for our students in Maths.

Our Year 11 cohort have been working with focus and determination as they prepare for their upcoming GCSE examinations. A key milestone has been the completion of their GCSE Learning Checkpoint 2, which assesses essential knowledge and exam readiness. All students should feel incredibly proud of the effort and resilience they have shown in reaching this stage. We would also like to recognise Luca, who successfully completed the checkpoint alongside Year 11, an excellent achievement.

Also, a special mention goes to Israel and Josh for their commitment in attending Maths revision sessions this term.

Elsewhere, students have been developing their understanding of “Maths and Money,” a highly valuable topic that equips them with practical, real-life financial skills. This has included learning about bank accounts and taxes, VAT, and both simple and compound interest, as well as gaining an introduction to mortgages. These topics are designed to build confidence in managing personal finances and making informed decisions for their futures.

*English, Maths & More*

# en House



## Science

Our Science Department has been buzzing with excitement as students explored the fascinating world of acids and alkalis. Using pipettes with great care and precision, pupils tested a variety of everyday solutions, adding drops of universal indicator to observe the colourful changes that reveal whether a substance is acidic or alkaline.

It's fantastic to see such focus, teamwork, and enthusiasm as students developed their practical skills and deepened their understanding of chemical reactions.

The accompanying photos capture these moments perfectly, showcasing our young scientists working safely and confidently while bringing their learning to life.

Students have also begun exploring key geometric concepts, including reflections, symmetry, and enlargement, before progressing on to vectors. These areas challenge students to apply mathematical reasoning in more complex contexts.

It has been fantastic to see such engagement and progress across all year groups, and we look forward to continuing this momentum into the next term. Have a wonderful Easter break.



# Sportsmanship

## Physical Education

This term in Bowden House School PE, students have been developing their skills and understanding through a focus on invasion games, alongside completing a range of fitness testing activities. These have helped pupils to build teamwork, tactical awareness, and an understanding of their own physical performance.

A particular highlight of the term was a trip to the Amex Stadium, home of Brighton & Hove Albion. Students had the exciting opportunity to go behind the scenes of the stadium, gaining a unique insight into the inner workings of a professional football club. This experience was both inspiring and educational, linking classroom learning to real-world sport.

At Key Stage 4, students have continued to make excellent progress working towards their Sports Leaders awards, developing valuable leadership, communication, and organisation skills. Year 11 students have also been working hard in preparation for their final practical assessments as part of their GCSE course, demonstrating commitment and determination as they approach this important stage of their studies.

Overall, it has been a fantastic term, with students showing enthusiasm, resilience, and a positive attitude towards their learning in PE.



*Ready...*



*...For anything!*

# Life...

# Residential

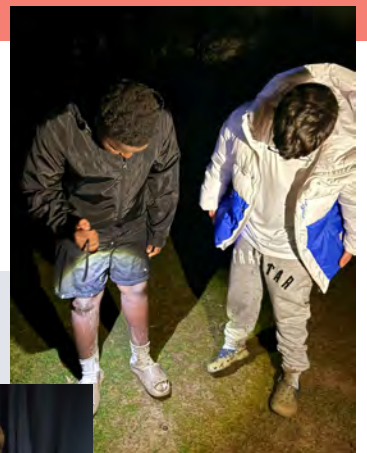
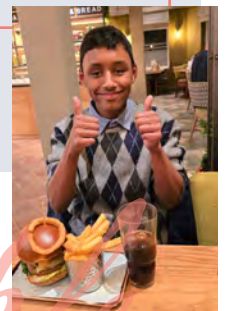
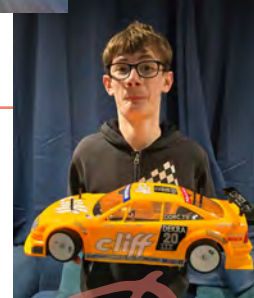


## Blue

A Positive Build-Up to Exams!

This term, the blue group students have enjoyed a relaxed and positive build-up to their exams. Alongside their studies, many have spent time socializing with friends, playing football at the local leisure centre, watching football matches or movies together. The thing they have enjoyed most is playing Fifa on the PlayStation.

It has been great to see the students balancing their revision with time to support one another, which has helped to create a positive atmosphere with exams approaching. We wish them all the best and good luck for their exams.



# Lime, Purple,

## Purple

Purple group have enjoyed lots of on and off-site activities this term, making the most of every opportunity to learn and have fun together.

These have included exciting bowling challenges, games of hide and seek in the forest, and remote control car racing as a group, which built teamwork and friendly competition.

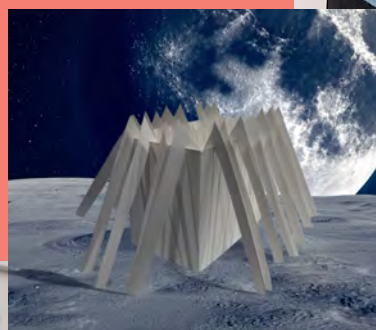
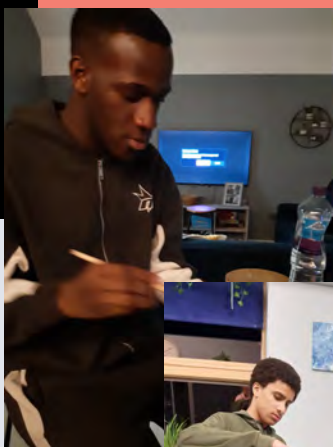
They have also spent time baking and cooking, developing their skills and trying new recipes. In addition, the group have been active in the sports hall and outdoors, as well as enjoying go-karting, which was a particular highlight.

We have also taken part in football sessions, attended a variety of clubs, including the Eastbourne Electric Car Club, where Kenny is gaining quite a reputation for his remote control car driving skills. Dan is also showing real commitment to his Cadet Troop, he has the best polished shoes in the whole school! and enjoyed trips to the cinema, where watching movies together has been a great way to relax and socialise.

Overall, it has been a busy and enjoyable time for everyone in Purple group.

## Post 16

During this term at Bowden House School, Post 16 students took part in a variety of practical and creative activities that supported both life skills and personal development. A key focus was involvement in restoration projects with a focus on furniture restoration/decoration, where students helped repair and improve second hand furniture, developing teamwork, responsibility, and basic maintenance skills. Students have also contributed to helping prepare and cook meals, further developing their confidence in the kitchen while practicing important daily living skills such as food preparation, hygiene, and working together. Alongside these practical tasks, students have explored their creativity through their college art work, experimenting with different materials and techniques to produce individual structures and models. Overall, the term has been very positive for our Post 16 students as they continue to navigate their way through college life whilst developing new skills and progressing with previously learnt.



*Blue & Post 16!*

## Lime

This term has been full of fun activities for Lime Group. Students have had the chance to try new things and work together.

One of the highlights was our trip to the bowling alley, where everyone enjoyed some friendly competition and lots of cheering. In school, we have been doing cooking including hot wing challenges and baking in group, learning how to follow recipes and make delicious food.

Students have also taken part in arts and crafts, creating colourful and creative projects. We also enjoyed trips to the cinema, the driving range, and ice skating where everyone had fun on the ice.

Another popular trip was to Jump In, where students enjoyed bouncing and being active.

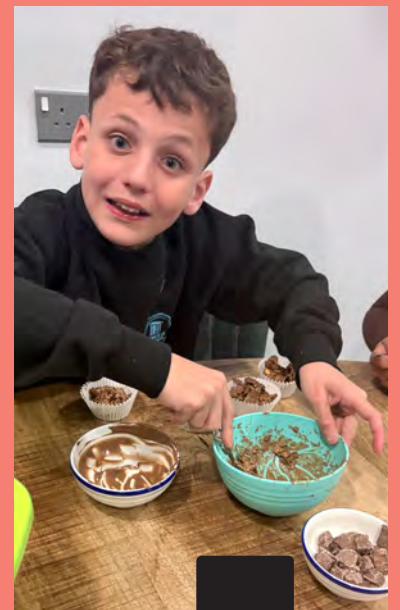
To finish the term, we had a great Easter party with games and an Easter egg hunt. Everyone had a fantastic time celebrating together.

Overall, it has been a very enjoyable term for Lime Group with lots of fun memories.

We hope you all have a lovely Easter break and look forward to seeing you all next term .



*Fun & Friendship, Thoug*



*Light & Kindness*



# Art & Design, Digital Vocational

## Art & Design

Our creative Bobcats and Lions have been diving head-first (and paintbrush-first!) into the wonderful world of portraits and what a journey it has been!

Taking inspiration from legendary artists like Van Gogh and Pablo Picasso, the children have explored bold colours, expressive lines, and imaginative styles. From swirling skies to quirky faces, every piece has been bursting with personality and flair.

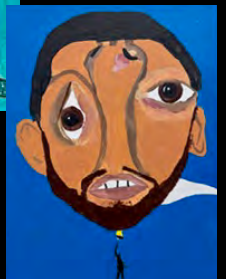
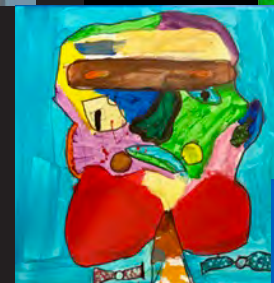
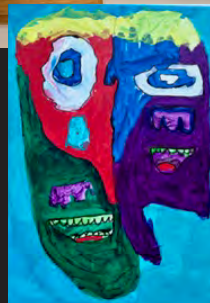
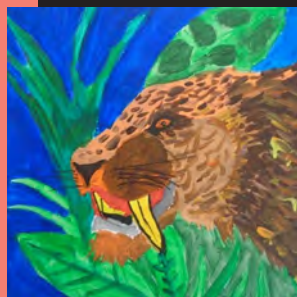
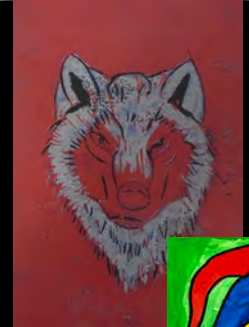
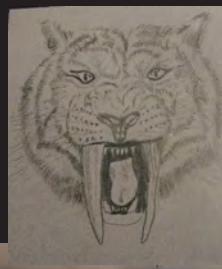
Honestly, they've been like little artistic sponges—soaking up new techniques, ideas, and confidence with every lesson.

Their enthusiasm has been contagious, and the classroom has been buzzing with creativity, curiosity, and the occasional splash of paint! It's been an absolute joy to teach such engaged and adventurous young artists. We can't wait to see where their creativity takes them next - watch this space for more masterpieces in the making!

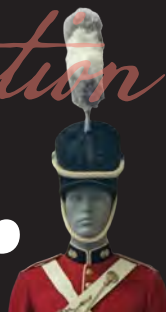
Meanwhile the Year 9's have been working on their animal projects, working in mixed media, acrylic, pencil, watercolours and lino print.

The year 11's have been finalising their GCSE portfolios with a focus on landscapes and hot on their heels are the years 10's who looking at landmarks for their portfolios in preparation for next year.

Finally, well done to all those who entered the Easter Bunny Painting Competition, your creations are fantastic!



# Music & Construction FOCUS...



## Digital Music

"This term has seen some excellent creations from our producers, with many of their projects being played during the Easter Show! They have had to show a lot of independence and initiative this term by writing their own, original compositions. In particular, the Y11's have been outstanding this term and a huge congratulations goes out to them for passing the first stage of their RSL Level 2 Certificate in Creative Music.

As always, we have had a number of students DJ'ing this term, not only in their lessons but at break time, after school and during Friday activities; they are showing incredible commitment at the moment and really honing in their mixing skills



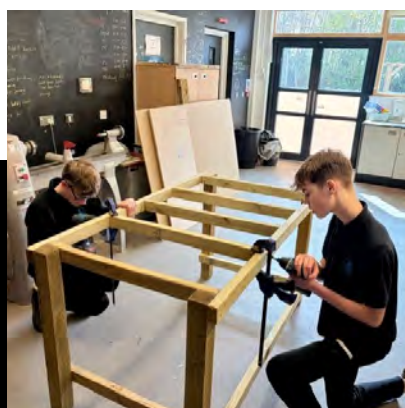
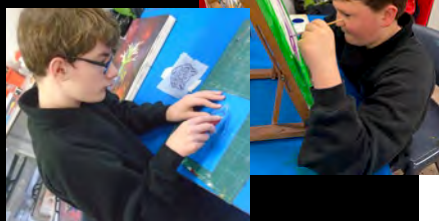
## Construction

This term has been full of creativity, teamwork, and impressive craftsmanship in the Construction department. The boys have been making excellent progress on their group build of a tiled breakfast bar, developing their measuring, cutting, and finishing skills while working together as a team. The attention to detail and pride in their work has been fantastic to see.

Alongside the larger build, the 3D printer has been busy producing a wide range of brilliant individual projects. Students have shown real imagination and technical skill through their designs. Highlights include a detailed World Cup trophy, carefully modelled characters for tabletop adventures such as Dungeons & Dragons, and a collection of striking anime figures.

We have also seen some brilliant personal projects, including custom Beyblades and an impressive 1:1 scale Shako Brunswick helmet build that demonstrated both patience and precision. It has been great to watch students experiment, problem-solve, and bring their ideas to life through digital design and printing.

With so much progress already made, we're excited about what comes next. We can't wait to fire up the pizza oven next term and make full use of our brand-new food preparation area!



# Food Technology, Expressive

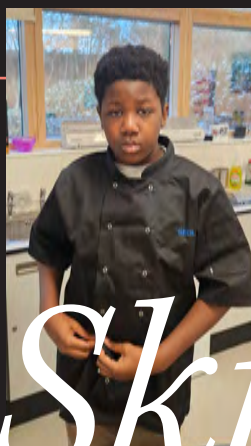
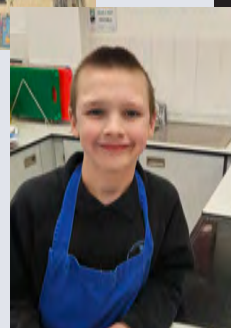
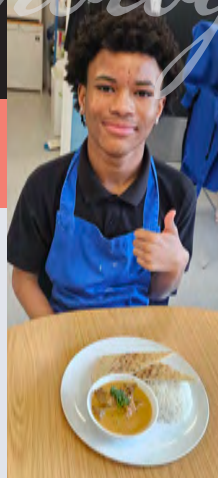
## Food Technology

Food Tech is the Pied-Piper of subjects, staff and students alike, flock to the classroom door drawn in by the delicious aromas that are produced day after day. Estate agents always say have freshly brewed coffee or baked bread in your home when a viewing is booked, it will maximise your sale price. On that basis this term, the Food Tech room would have been worth a fortune!

Back by popular demand, we are once again travelling around the world, country by country, dish by dish. So far, we have been to Mexico, India, Jamaica and Spain to name a few. Some of our newest students have really embraced the opportunity to learn and understand more about different dishes and cultural influences of food from around the world. We have been impressed with all who have tried something new - well done.

Our older students have commenced their mock practical exams for their BTEC Hom Cooking Skills Qualification, and the final exams will commence shortly after the Easter break, they have all worked extremely hard, perfecting their dishes and we are confident they will do well.

Many of the students have also earned reward chefs jackets or aprons for their continued excellence in the subject - congratulations!



# Skills for Life...

# Arts & Ace

## ACE Outdoor Education

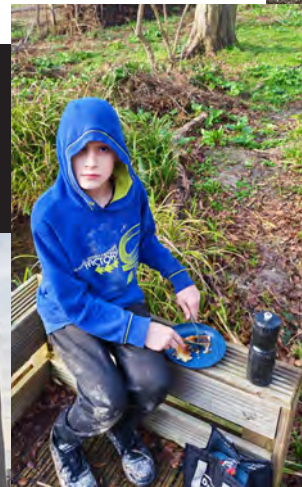
This term in Outdoor Education has been packed with a wide range of engaging and rewarding activities for our students. Many of our groups have been developing key skills through fishing at the local lakes, learning patience and resilience while waiting for a catch, as well as building confidence through developing their biking skills ready for summer.

Students have also enjoyed making pancakes at our makeshift "riverside café", taking part in orienteering challenges, and developing their bushcraft skills through whittling and fire building, even creating their own fireguards from scavenged materials.

Our Year 10 and 11 students have taken on some fantastic additional challenges. A highlight was their impressive teamwork and problem-solving during a visit to the escape room at Tulley's Farm, where they worked collaboratively under pressure. Back on site, students also tackled an egg drop challenge - showing creativity (and some very inventive designs!) - as well as enjoying a forest cook-out and building resilience during a cold-weather hike.

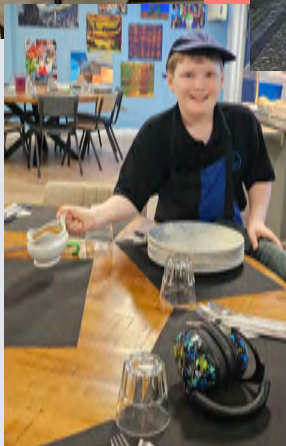
It has also been great to see several students preparing for their Duke of Edinburgh Award, demonstrating commitment and independence as they get ready for their expedition in June. As part of this, they have organised raising money for charity through a sponsored car wash at the start of next term, which is a brilliant opportunity to give back to the community.

Overall, it has been a positive and productive term, and we are really looking forward to the weather heating up and moving into summer to make the most of the sun (once it finally decides to show up and stay!).



*College & Careers, Therapies, Enrichment & Achievement*

# Bowden



## College & Careers

All hands to the pumps!

The beginning of March saw National Careers Week sweep across the school with a focus on employability skills, career pathways and the world of work.

A range of guest speakers attended our careers day, with the highlight being a visit from the East Sussex Fire and Rescue Service!

Elsewhere students are continuing on their 14-16 day release college courses, and our in house kitchen work experience programme is flourishing.

All round a great term helping students consider their future options.



# Plus..

## Speech & Language

### Speech & Language Therapy at Easter Time

As the days get longer and we welcome the brighter energy of spring, Easter is a great time to think about how we communicate.

Communication is about much more than just talking. It's about understanding others, expressing feelings safely, building relationships, and feeling confident in your own voice.

### Why Communication Matters

Good communication can help you:

- Solve problems without things escalating
- Build stronger friendships
- Express emotions instead of bottling them up
- Feel understood and respected

Sometimes communication can feel tricky—especially when emotions are high. That's completely normal. Learning strategies to manage this what we are working on.

### Top Tips for Strong Communication

Try these simple strategies:

#### 1. Pause before you respond

Give yourself a moment to think—it can make a big difference.

#### 2. Use "I" statements

Instead of "You're annoying," try: "I feel frustrated when that happens."

#### 3. Check you've understood

Say: "So you mean...?" to avoid misunderstandings.

#### 4. Body language matters

Eye contact, tone of voice, and posture all send messages too.

### Easter Word Game: Spring Word Scramble

Unscramble these Easter-themed words:

RTEAES COHLOATEC NBNYU RINPGS SLSBOMSO

Communication is a skill you grow over time. You won't get it perfect every day—and that's okay. What matters is trying, learning, and improving.

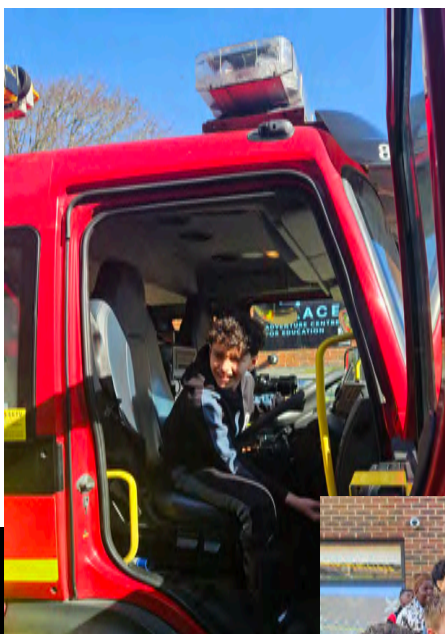
### This Easter, challenge yourself to:

Say how you feel (calmly!).

Listen to others.

Try one new communication strategy.

### Happy Easter from Jane



# Achievement &

It seems impossible that after the Easter Break, students and staff will return to commence the summer term, and we will be counting down the weeks to the end of another academic year!

This term drew to a close with our Spring Celebration event, where we all took a pause to rightfully acknowledge the effort and hard work put in by all the students.

Thank you to everyone who attended and to all the staff that made day such a success



# Enrichment



Everyday is World Book Day  
@ Bowden House!



**BOWDEN HOUSE SCHOOL**  
FIRLE ROAD SEAFORD EAST SUSSEX BN25 2JB  
WWW.BOWDENHOUSE.SCHOOL 01323893138  
OFFICE@BOWDENHOUSE.TOWERHAMLETS.SCH.UK

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## **Bowden Plus...**

Speech & Language, Wellbeing, College  
Placements Work Experience, Enrichment &  
Achievement

28

## **Baby Rudolf...**

Poor baby Rudolf, he's lost one of his antlers  
can you find all the replacements Santa's Elves  
have made him?

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# Opportunities...

## Purple

Purple group have enjoyed lots of on and off-site activities this term, making the most of every opportunity to learn and have fun together.

These have included exciting bowling challenges, adventurous games of hide and seek in the forest, and RC racing as a group, which built teamwork and friendly competition.

They have also spent time baking and cooking, developing their skills and trying new recipes. In addition, the group have been active in the sports hall and outdoors, as well as enjoying go karting, which was a particular highlight.

We have also taken part in football sessions, attended a variety of clubs, and enjoyed trips to the cinema, where watching movies together has been a great way to relax and socialise.

Overall, it has been a busy and enjoyable time for everyone in Purple group.



*Bowden Life*

## Blue

### A Positive Build-Up to Exams!

This term, the blue group students have enjoyed a relaxed and positive build-up to their exams. Alongside their studies, many have spent time socializing with friends, playing football at the local leisure centre, watching football matches or movies together. The thing they have enjoyed most is playing Fifa on the PlayStation.

It has been great to see the students balancing their revision with time to support one another, which has helped to create a positive atmosphere with exams approaching. We wish them all the best and good luck for there exams.