



Executive Functioning

This week in assembly, Mrs Hughes-Morgan invited us to think about our skills of time management, organisation and planning. Sharing recollections of her own school days, when Mrs Hughes-Morgan explained how she found these skills did not come naturally, the good news we learned, is that they can be developed with practice and support.

This academic year, we will be placing a particular focus on helping pupils strengthen their executive functioning skills. These are the very skills that enable us to manage ourselves effectively, including self-monitoring, planning, organisation and time management. Strong executive functioning helps children become more independent learners, better problem-solvers and more confident in meeting the demands of school life.

Pupils will be introduced to practical strategies and techniques to develop these important habits. A key part of this work will be encouraging them to pause and ask themselves four simple questions before tackling a task:

1. **What do I need?**
2. **Where is it?**
3. **When do I need it?**
4. **What comes first?**

These questions encourage pupils to think ahead, reduce last-minute stress and develop habits that help them manage tasks more independently.

The assembly also explored the concept of **task initiation**: getting started on something, even when it feels overwhelming. Here, Mrs Hughes-Morgan shared practical strategies for tackling everyday challenges, such as tidying an untidy bedroom or completing a piece of homework. Rather than viewing a task as one large job, pupils were encouraged to break it down into smaller, manageable steps and focus on one at a time.

Other helpful techniques included counting down from five to one before beginning a task, making the first step as small as possible, and not waiting to feel motivated before getting started. An important message was that action often comes first and motivation follows. Simply beginning a task can create the momentum needed to keep going.



Next, pupils were advised not to rely solely on memory. Writing things down, using checklists and preparing items the night before, are all actions which can all make a significant difference. A little planning ahead can reduce pressure, help mornings run more smoothly and free up mental space for other things.

To conclude, Mrs Hughes-Morgan encouraged pupils to think of executive functioning as the brain's air traffic control system. Just as air traffic controllers help planes arrive and depart smoothly, our executive functioning skills help us manage information, prioritise tasks, stay organised and make good decisions. These are skills that can be learned and strengthened over time, and we look forward to helping pupils develop them throughout the year.





Welcome to Our Preschool Pupils

Monday marked a very special start to the week as we welcomed both new and returning children to our Preschool. What began as a small venture with just four pupils during our gentle opening last November, has quickly transformed into a vibrant and thriving class of 10 children, with more families already signed up to join us next term.

It has been wonderful to see the Preschool filled with curiosity, laughter and eager young learners as they embark on their St Faith's journey. The growth of the class reflects the strong demand for our nurturing early years provision at St Faith's and with further joiners confirmed, we look forward to continuing its development and reaching full capacity during this academic year.







‘Meet the Tutors’ and ‘Introduction to the School Year’

At St Faith's we value greatly the support that we receive from our parents in building and maintaining the partnership between home and school. Our 'Meet the Tutor' and 'Introduction to the School Year' evenings concluded this week, as we help families navigate the new school year. I greatly enjoyed meeting families in Preschool, Reception and Years 4, 7 & 8 and I do hope that these evening events were informative and friendly occasions to meet with each other.

St Faith's Parents' Association (SFPA) Coffee Mornings

The St Faith's Parents' Association (SFPA) plays a vital role in the life of our school community. The SFPA is made up of parent volunteers, who generously give their time to organising wide variety of social and fundraising events. This term's highlights include the popular Scavenger Hunt for the younger children, Fireworks Night in November, and the Christmas Fair in December. For ticketed events such as Fireworks Night, we advise early booking to avoid disappointment, as such events often sell out quickly.

In addition, the SFPA coffee mornings provide an informal and hospitable opportunity for parents, both new and longstanding, to meet over a hot drink and some delicious pastries. The dates are advertised in the school calendar, and they are usually timed to coincide with the Breakfast Club for that year group.

On Thursday, it was a pleasure to welcome so many Year 1 and 2 parents. This morning, there was a very special welcome to our new families, across several year groups. I do hope all new families are already beginning to feel very much part of our school community and their children are settling happily into their new routines and developing new friendships too.







Back to the Books

Our school librarian Miss Johnson writes,

“During their first week back in the library, pupils from Reception to Year 8 enjoyed a warm welcome and an exciting start to the new school year. Reception children explored the library for the first time, listening to stories and learning how to look after books and we look forward to welcoming our Preschool pupils next week. Pupils in Years 3-8 revisited library routines, discovered new titles, and shared their summer reading experiences. Across all year groups, students showed enthusiasm for exploring the shelves, borrowing books, and finding stories and information that matched their interests. It has been wonderful to see so many eager readers returning to the library, and we look forward to supporting their reading journeys throughout the year.”







Science in Focus

Mrs Pritchard writes, "It has been wonderful to see all year groups continue their impressive start to the academic year, embracing new challenges with enthusiasm, curiosity and determination.

Year 5 pupils have approached practical science with great excitement and anticipation. A significant milestone this term has been achieving their Bunsen burner licences, allowing them to work safely and confidently with one of the most iconic pieces of laboratory equipment. Alongside this, they have become increasingly familiar with the use of scientific apparatus and have begun developing their data analysis skills, learning how to interpret and draw conclusions from experimental results.



In Year 6, pupils have explored a real-world scientific question: whether oceans in hotter countries contain more salt than those in cooler climates. Using this as a starting point, they designed and carried out their own investigations, developing their understanding of experimental design and scientific methodology. They have also continued to strengthen their data-handling skills, with a particular focus on representing results accurately through line graphs.

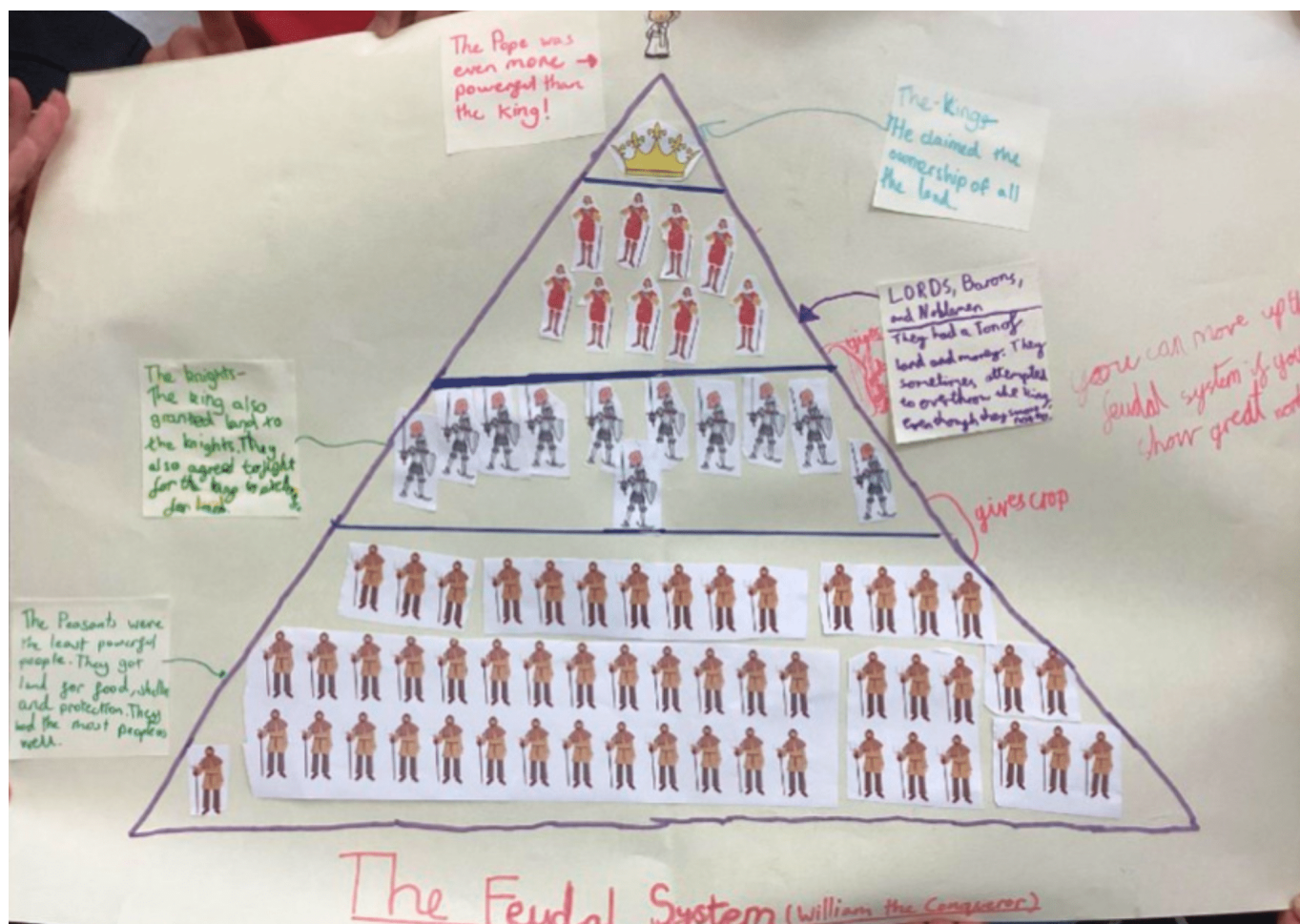
Year 7 have been introduced to a range of GCSE-style practical and analytical tasks. As part of their work on nutrition and digestion, pupils conducted food tests and successfully identified substances containing proteins using sodium hydroxide and copper sulfate solutions. They have also traced the fascinating journey of food through the digestive system. In addition, pupils have tackled GCSE-style questions involving data interpolation and graph plotting, further developing their confidence in handling scientific data.

Year 8 pupils have been investigating the fundamental importance of carbon as the building block of life on Earth. They have also explored the reactivity series, using their understanding to predict whether one metal can displace another from a compound. Alongside these topics, pupils have completed GCSE-level examination questions focused on data interpolation and the extraction of information from graphs, demonstrating increasing maturity in their analytical and problem-solving skills.”

The Feudal System

Meanwhile, in History, Year 5 have been learning about the Feudal System, used by monarchs in medieval times to keep control over their lands. Working collaboratively in small groups, pupils showed their understanding of how the system works by producing these colourful diagrams.





House Cross Country

Mr Mageean writes,

"This week, our annual House Cross Country events took place at Latham Road playing field, where pupils from Years 4 to 8 represented their Houses in two fantastic mornings of competition.

In each event, the four House teams of Bentley, Chaucer, Latham and Newton all competed with great enthusiasm, showcasing the values of determination, resilience, excellence and teamwork throughout the event. Pupils tackled the course with fantastic commitment, giving their very best from the start line to the finish.

It was particularly encouraging to see runners supporting one another along the way, demonstrating excellent sportsmanship and House spirit too. The atmosphere was positive and energetic, with pupils eager to contribute valuable points to their House teams.



A huge congratulations to all of the pupils who took part. Whether competing for a top position, supporting their House, or challenging themselves to complete the course, every participant played an important role in making the event such a success. Every runner should be extremely proud of their achievement and the effort they demonstrated on the day.

Thank you to all staff and supporters who helped to organise and cheer the pupils along the way too! We are incredibly proud of the attitude shown by everyone involved and look forward to many more sporting successes throughout the year."







A Wonderful Evening with Our Old Fidelians

Last Friday evening, St Faith's was delighted to welcome more than 50 guests for our annual Old Fidelians' BBQ, bringing together former pupils alongside both current and former members of staff for a memorable celebration of our school community.

The evening was filled with warmth, laughter and the sharing of treasured memories, as guests reconnected with old friends and familiar faces. Over a delicious BBQ supper, conversations flowed easily, spanning decades of St Faith's history and highlighting the enduring bonds that continue long after pupils leave our school.

Following the meal, many guests enjoyed the opportunity to take a guided tour of the school. For some, this was a chance to revisit classrooms that held special memories, while others were particularly delighted to explore the former boarding houses, recalling stories of school life from years gone by.



Events such as these are a wonderful reminder that being part of St Faith's extends far beyond a pupil's time here. It was a pleasure to welcome so many members of the Old Fidelian community back to school and to celebrate the friendships, connections and shared experiences that continue to unite generations of St Faith's families.

We would like to thank everyone who attended and helped make the evening such a success. We look forward to welcoming many more Old Fidelians back to St Faith's in the future.

Our next events will be the OF v Parents 5-a-side football on **Friday, 13th November** and the Steele Bodgers rugby match on **Wednesday, 25th November**.

If you would like to take part in the football, please email marketing@stfaiths.co.uk to reserve your place. For Steele Bodgers, a group of Old Fidelians will meet for lunch before attending the match. Please note that there are limited tickets available and if you want to register your interest, contact Simon Graham via marketing@stfaiths.co.uk.







Whole School Open Morning, Saturday, 10th October

As we look forward to the term ahead, our next Open Morning will take place on Saturday, 10th October. You may already have seen our banners displayed outside school. Although the event is predominantly for families who wish to join St Faith's in September 2027, we will also welcome families who are looking ahead to 2028, when they will be joining the new all-through school, The Leys School, Cambridge. Bookings are now open and families can register via our website, [Visits & Open Mornings – St Faith's Cambridge.](#)

I warmly encourage you to share details of the Open Morning with any friends or colleagues who may be interested in finding out more about St Faith's for their children.



And Finally...

On Saturday morning a number of our Year 5 & 6 girls will be taking part in hockey fixtures at Latham Road against a touring side from Kent College, Canterbury. With sunny weather forecast, it promises to be a super occasion and great way to get the season underway. After a busy and productive first full week back, I wish you all a happy and restful weekend.

With all best wishes,

C. Hyde ~ Dunn

Crispin Hyde-Dunn