

NEW



The Purcell School
for young musicians
Patron: HM The King

BOARDING Newsletter

ISSUE 4 - DEC 2025



IMPORTANT INFORMATION

Mrs. Mitchell (Director of Boarding) Update

1

THE 12 DAYS OF CHRISTMAS FITNESS CHALLENGE

Keep fit over Christmas

2

STUDENT SPOTLIGHT

House News - Our students and NYO

3

BOARDING TRIPS - HIGHLIGHTS

Trips and events

4

CO-CURRICULAR - HIGHLIGHTS

Co-curricular clubs this term

5

BOARDING LIFE - CHRISTMAS HIGHLIGHTS

Introducing our NEW student leadership team

6-9

A POEM FROM THE RGA'S

World Mental Health Day: resources & tips

10

MOVEMBER - SUPPORTING BOYS AND MENS MENTAL HEALTH

11

LATMH - LETS ALL TALK MENTAL HEALTH

LATMH - Resources for students, parents, guardians and carers

12-13

THIS HALF TERM'S BRAIN TEASERS

LATMH - Resources for students, parents, guardians and carers

14

Important Information

Director of Boarding

This term seems to have gone so incredibly quickly. As I promised on Induction Day it is now impossible to tell who was new at the start of term as they have all integrated fully into life at Purcell. We have enjoyed so many social events this term from Donuting at the Snowdome to Fireworks in Hemel Hempstead to Halloween and Winter Socials. The level of energy at Friday's Winter Social was infectious as students sang along and danced to old favourites. Huge congratulations to our new Activities Leads, Selin and Reeka who have shown commitment to their roles and investing time and energy into making sure everyone always has such a good time. The standard of behaviour at these events has been exemplary, which makes putting on such events so much easier for the staff involved.

I would ask, however, that day students are picked up at the time stated on the invitation or before so that we know where all students are. Day students should not be present in school after social events as they should have signed out from house.

Everyone is very excited about the 24 Hour Concert on Thursday which has taken a real community effort to organise and we are so grateful to all the students participating. I am sure it will create life- long memories, especially for those performing in the early hours of the morning. Houseparents will definitely deserve a good rest at the end of term after staying up all night along with the music and support staff.

Thank you to you as parents for communicating absence requests clearly. Receiving all the relevant information in the email makes the request so much more efficient. Too much information is always better than too little. We do still need to improve responses for our international students. so we would really appreciate timely responses sticking to the deadlines given by our International Student Coordinator, Caroline Fletcher. She does a wonderful job along with the Houseparents in co-ordinating all travel arrangements to ensure compliance and ultimately the safeguarding of all our students.

Ellington House is very excited with their brand new Kettler table tennis table and I am sure it will get lots of use from all our table tennis fanatics. Sunley House was newly decorated over the summer holiday, with a new office and comfy chairs in the foyer. Avison House is working together to plan what they would like to add to their common room with lots of ideas ready for next term.

From all of us on the boarding team we wish every Purcell student and their family a wonderful winter break and hope that they have lots of fun and some real relaxation time after such a packed and successful term.

The 12 Days of Christmas Fitness



Day 1 – “Snowman Sit-Ups”

Do 10 super-speedy sit-ups to sculpt a strong snowman core.

Day 2 – “Reindeer Runs”

Dash like Donner with a 2-minute reindeer run around your garden/room.

Day 3 – “Candy Cane Crunches”

Complete 15 candy-cane side crunches (each side).

Day 4 – “Mistletoe Mountain Climbers”

Climb to Christmas glory with 20 mountain climbers.

Day 5 – “Frosty Five-Star Jumps”

Do 5 rounds of 10 star jumps—shine like a festive firework!

Day 6 – “Penguin Plank”

Hold a 45-second penguin plank—waddle not allowed.

Day 7 – “Tinsel Toe-Touches”

Touch those toes 20 times with twinkly tinsel energy.

Day 8 – “Gingerbread Glute Kicks”

Kick back with 20 gingerbread glute kicks (each leg).

Day 9 – “Bauble Balance Challenge”

Balance on one leg like a bauble on a branch for 40 seconds each side.

Day 10 – “Santa Sack Squats”

Ho-ho-hold strong with 25 Santa squats.

Day 11 – “Elf Energy Burpees”

Give it your elf with 10 enthusiastic burpees.

Day 12 – “Holiday Hustle Finale”

Do 1-minute of each of your favourite three moves from the challenge!

Student Spotlight

Week One - Gratitude

Ellington

Gabe

Sunley

Flo

Avison

Jivar

Week Two - Kindness

Ellington

Teodora

Sunley

Khanui & Rebecca

Avison

Jakub

Week Three - Humility

Ellington

Seth

Sunley

Lia

Avison

Sherry

Week Four - Empathy

Ellington

Jerry

Sunley

Lia

Avison

Rose

Week Five - Respect

Ellington

Jerry

Sunley

Sasha

Avison

Ezio

Week Six - Attentiveness

Ellington

Yulin

Sunley

Chaeyu

Avison

Emma

Boarding Trips



Bonfire Night

Avison House boarders enjoyed a fantastic start to this term's activity programme with a memorable trip to Bonfire Night accompanied by Mr Scriven. Students gathered around the festivities with steaming cups of hot chocolate in hand, taking in the warmth of the evening and the excitement of the celebration.



The highlight was getting to see the fireworks up close, lighting up the sky in a spectacular display that everyone loved. It was a wonderful way to bring the boarders together and kick off a new term of enriching and enjoyable trips.

Swimming

Avison House boarders had a swim-tastic time attending...with Mr Scriven. The students had a fantastic time in the water, spending hours swimming, playing, and challenging themselves with the pool's slides. It was a perfect opportunity for them to get moving, build confidence, and try something new.

Overall, it was a thoroughly enjoyable trip and a great addition to this term's boarding activities.



Co-Curricular

Dog Walking

With Miss Corcoran

Dog walking has quickly become a much-loved co-curricular activity in Purcell Boarding, especially with the arrival of Dalmore, our newest addition to the boarding community. Gentle, friendly, and full of character, Dalmore has already made a remarkable impact on our students. Taking him for walks offers boarders a calming break from their busy schedules, encouraging mindfulness, fresh air, and meaningful moments of connection.



Yoga

With Miss Robinson

Our lovely yoga teacher Matt has been teaching us how to connect with our minds and bodies to help with relaxation, calming and flexibility. The students have really enjoyed coming together for an hour of calm on a Monday evening and we can't wait to get back to yoga in January!



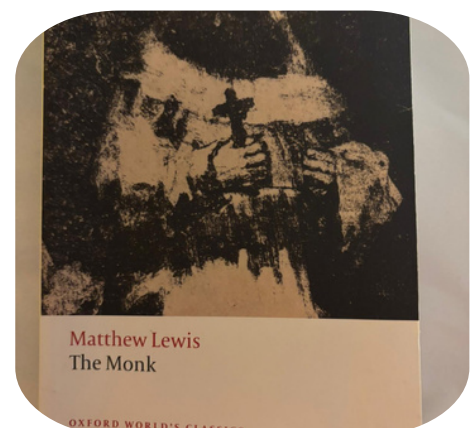
Relaxing Vibes

Book Club

With Miss Thakur

In book club, students are reading *The Monk*. *The Monk* is a 18th-century gothic novel about religion, deceit and sin. His façade as a pious and religious man is destroyed as his sins eventually catch up to him.

The book was very controversial when it was written and so the novel has sparked some really interesting conversations about morality vs religion.



Boarding Life

Christmas Dinner

Friday 5th December 2025



Boarding Life

Christmas Social

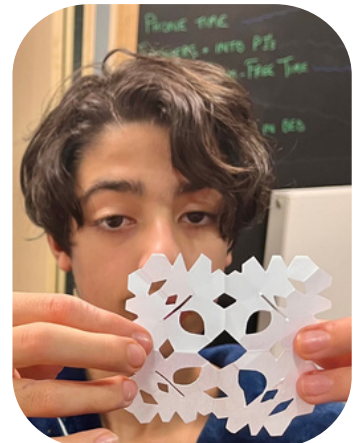
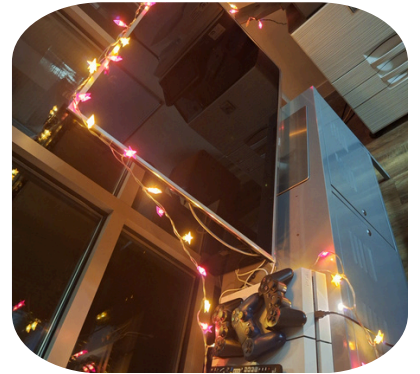
Friday 5th December 2025



Boarding Life

Christmas Decorating

December 2025



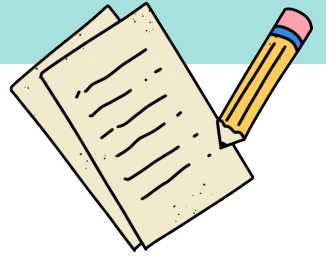
Boarding Life

Boarding Awards/Quiz Night

Saturday 6th December 2025



A Poem From The RGA's



Jane the manager keeps time with grace,
while I find my rhythm in this new place.

Marko—bearded and wise, assistant pro—
keeps the house calm when chaos grows.

Susan's dog's the hall's parade,
tail wagging to the tunes we've made.

Suzie's jokes ring clear and bright,
Olivia hums deep into night.

Phillip debates tempos till dark,
Christian dreams in chords that spark.

And me—the new grad, finding my part—
offbeat, but playing from the heart.

~ By Mr Bell-West and Miss Thakur

Movember



What is Movember All About?

Movember is driven by a bold mission: to change the face of men's health. Men are dying on average 4.5 years earlier than women, and for largely preventable reasons.

Movember is uniquely placed to address this crisis on a global scale. We fund groundbreaking projects all over the world, engaging men where they are to understand what works best and accelerate change.

Support In Boarding

PSHE Sessions and House Assemblies


House assemblies have become a great space for our boarding houses to talk about mental health, especially focusing on male mental health. Led by Miss Robinson (AHP) and Mr. D (HP), these gatherings encourage students to share their thoughts and experiences in a supportive atmosphere. It's all about working together to break down stigma and remind each other that it's okay to talk about how we feel. These sessions help create a strong community and support system where everyone can feel heard and valued!

Miss Robinson's Youth groups


I've been working with the year 10 and 11 boys every other week, where we spend some time talking about big issues that we face, from identity, to how we relate to others, to how to safely use AI and Social media, without letting it take over your life. I'm really impressed with the boys as they have been really open and willing to talk about some difficult topics, and we have had some brilliant discussion that have led to us reflecting on our lives and our relationships.

Helpful Links for Students/Parents

... [Young Minds - Supporting Boys and Young Men's Mental Health](#)

 [Mind - Student Mental Health Support](#)

... [Togetherall - Anonymous Peer Support](#)

 [Ahead of The Game - Support For Parents](#)

Let's All Talk Mental Health

Getting Started

Even if you've registered before, please register for your new school-year pass using this link: [Purcell 25/26 Link](#)

Once registered, allow a few minutes, then you'll receive an email from Contrast with your access link to the Let's All Talk Mental Health hub (check your junk folder if it doesn't appear in your inbox).

Here's the direct access link to the hub once you've registered: [LATMH Hub](#)

For any assistance accessing the hub, you can reach out to the team at: hello@letsalltalkmentalhealth.co.uk.

We truly hope these resources will be helpful for you and your family.

Can't join a session live? Don't worry, every session is available on demand right after it airs.

And if you have questions for the experts, you can email them in advance to the LATMH team.

Dates For Your Diary

Date	Time	Webinar Name
12/01/26	20:00	Teenage Blues or Depression - A Parents Guide
19/01/26	21:00	ADHD and Teen Pressures: What Parents Need To Know
26/01/26	20:00	Tired, Wired and Falling Behind- The Truth Between About Teen Sleep
09/02/26	20:00	When Home Feels Heavy - Support Teens Living With Family Stress

This Half-term's Brain Teasers



I am a jolly fellow with a round belly. I travel far and wide in a red suit and deliver presents to children. Who am I?



have branches, but I am not a tree. I am adorned with decorations, but I do not produce fruit. What am I?



I am counted down starting from 24 to 1, leading to a day filled with joy and cheer. What am I?



I come in a variety of colours and flavours, but I'm often found in the shape of a cane during the holidays. What am I?



You see me once in December, twice in November, but not at all in May. What am I?