FESTIVAL OF WELLBEING
5 to 11 March 2018
Welcome to Hazlegrove

Hazlegrove is an Independent Day and Boarding Preparatory School for 360 boys and girls. Established in 1947, we enjoy a fantastic setting within 200 acres of parkland in Somerset and benefit from outstanding facilities.

In today’s rapidly changing and demanding world, we believe it is important that children, from an early age, should have the breadth of opportunity to develop their abilities and potential whilst enjoying the benefit of a caring, structured and secure environment. There is no doubt that happy children become confident children.

Our educational philosophy is borne out of the corporate mind-set of the leadership team, the staff and the parents as well as the senior pupils. This common purpose gives the school strength, energy and momentum to respond to contemporary educational initiatives whilst being mindful of retaining all that is best from the past. It embraces all the key themes which define the school, it engages, inspires and defines. It ensures today’s success and safeguards our future.
A Word from our Patron

John McCarthy is a writer and broadcaster. On his first foreign assignment, to Lebanon in 1986, he was abducted by Islamic Fundamentalists and held hostage for more than five years. Alongside his writing, John has worked in television for the BBC, ITV, Sky Arts and Al Jazeera, on radio for the BBC World Service and BBC Radio 4. He was awarded the CBE in 1992 and is a Patron of the charity Freedom From Torture.

“I’m thrilled that Hazlegrove has invited me to be patron of their Festival of Wellbeing.
What a terrific idea - to spend a week focused on how we can keep healthy and happy! Our lives seem to get more and more busy, with constant demands and deadlines to cope with. But, we need to take time for recreation and reflection too, so it’s going to be fantastic to have a week filled with thought-provoking conversations, exciting and energetic activities and lots of laughter!
I hope that Hazlegrove students, parents, staff and the wider community will all take a deep breath, relax and have a fabulous and enriching time.”

John McCarthy CBE

A Word from our Headmaster

Developing our sense of wellbeing, both as individuals and as a school community, allows us all the potential to live purposeful and contented lives.
Despite the busy pace of daily life, here at Hazlegrove, we strive to create an environment where a healthy balance between work and exercise, recreation and reflection is possible. However, it is not taken for granted and we should all continue to open our eyes to creative ideas and strategies to enjoy life to the full.

The Festival of Wellbeing promises to be uplifting for all ages and stages, whilst also providing a fantastic opportunity for the Hazlegrove and wider local community to come together.
I would like to thank everyone who has been involved in putting such a fascinating and varied programme together.

Mark White MA (Hons)
Festival week for the Pre-Prep

all this and much more...

“Try to be a rainbow in someone’s cloud.”  
Maya Angelou

Yoga and relaxation with 
complimentary therapist, Nicola Corbett

Laughter is the Best Medicine
Visit by Australia’s most popular children’s author, Andy Griffiths

Flavour School with Jo Weinberg

Learning sign language to be able to sign a Nursery Rhyme

Music School with Jo Weinberg

Meet Marky the Guide Dog

Daily morning walk around the grounds

The creation of a mural of the starling murmuration with local artist, Donna Vale

Workshops on recycling, waste and endangered animal success stories

Dance-a-thon in aid of YCAA; £1.00 will be added to your school bill

Relax Kids sessions with Sarah Peters

Daily storytime with staff

Craft creation colour workshops with local artist, Finn Bush

Sport Relief Family Fun Run

Tickets are £2.00 from the Reception Desk.

Singing at Highfield House

Forest School picnics

Geodesic dome
Festival week for the Prep School

“If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely.”
Roald Dahl

Year 8 PSHE with life coach, Ed Haddon

Year 4 Bushcraft in Outdoor Ed

Year 7 Healthy Snacks with Jo Weinberg

Charcoal art workshop with local artist, Kate Lynch

Year 6 are putting on a Tea Party and music for local elderly residents from care homes

Dance-a-thon in aid of YCAA £1.00 will be added to your school bill

Pupils’ Concert of Wellbeing in aid of Music as Therapy

Drop in Yoga session with complimentary therapist, Nicola Corbett

Sport Relief family run - £2.00 will be added to your school bill

Laughter is the Best Medicine
Visit by Australia’s most popular children’s author, Andy Griffiths. Year 1 to 5

Year 7 Healthy snacks with Jo Weinberg

Year 8 Mental Health and resilience with Victoria Whittley

The creation of a mural of the starling murmuration with local artist, Donna Vale

Year 4 Bushcraft in Outdoor Ed

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**Events for Parents**

**Monday**

**5 March**

**8.30am for two weeks**

*‘Couch to 5k’*

Is aimed at those parents who find the idea of exercise a tough one and need the motivation to get going and start. It is a fantastic initiative and a programme designed ‘to get you off the couch and running in just 9 weeks’.

Its secret is that it is a gentle introduction to getting the body moving, starting off alternating between walking and running small distances, and slowly building up until after 8 weeks, you’re ready to run 5 kilometres or 30 minutes non-stop.

If you would like to take part, please contact the sports department.

*This event is free of charge.*

**5 March**

**9.30am to 10.50am**

**Coffee with Artist, Kate Lynch**

Aim: in aid of Farms for City Children

Join us for coffee before the Dance-a-thon.

Local artist, Kate Lynch will do an art demonstration and there will be an opportunity to buy her beautifully illustrated books and have them signed. Kate has very generously agreed to give one third of the proceeds from the sale of her books to Michael Morpurgo’s charity, Farms for City Children.

*This event is free of charge.*

**5 March**

**11.00am**

We launch our festival this year with a charity event that will sum up the reasons for having a Festival of Wellbeing. The whole school community will come together to enjoy dancing as one in a spirit of fun and togetherness.

Dig out your dancing shoes and join us.

Learn the dance by watching the video. In aid of the Yeovil Community Arts Association.

**Tickets for adults are £1.00 from the Reception Desk.**

**5 March**

**10.30am to 11.45am**

With therapist, Lizzie Longhurst BA (Hons) DIP BSA FHT.

Baby massage is a wonderful way to relax, bond and communicate with your baby and child. Many of the techniques support development and also could help with common conditions such as teething, colic, relaxation, soothing growing pains and generally letting go of the stimulus of the day. For babies from 4 weeks to before crawling.

Places limited. Booking essential.

*This event is free of charge.*

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Places limited. Booking essential.

*This event is free of charge.*
Helpful tips to ensure that your child is happy at school.

As an Educational Psychologist, Julia has a proven record of achievement in working within nurseries, schools and colleges with children and young people.

Her experience and skills are based on 30 years of working with children and young people, not only as an Educational Psychologist but also as a teacher, teaching assistant and residential support worker.

Julia works alongside the parents or the referent to understand children and young people’s perception of the world, with a view to identifying strategies which will give them better opportunities to succeed in life.

This event is free of charge.

Monday 5 March
3.00pm to 3.45pm
Julia Jennings from Sound Thinking
A talk for Pre-Prep and Lower School Parents.

Monday 5 March - 7.00pm to 8.00pm
Becoming A* Mums and Dads Parenting Forum

Despite all the advice we can glean from media and manuals, parenting, is still the hardest job in the world. By the time you learn how to be a good parent, it’s too late and we are often wracked with doubt, guilt and confusion about every parenting decision we have ever had to take.

We have gathered together experts in their field with amazing advice to give to support anyone who wishes to engage in the immensely difficult, but inspiring, job of bringing up children. We hope to answer specific questions, solve common conundrums and share good practice in a friendly and supportive atmosphere.

On the panel will be:

Chairman - David Edwards, Director of Studies
- Ian Wilmshurst - Headmaster of King’s Bruton
- Mark White - Headmaster of Hazlegrove School
- Fran Barnes - Housemistress Sherborne Girls
- Sue Spink - Ex-Hazlegrove parent whose children are now at senior schools and in further education
- Ed Haddon - Current Hazlegrove parent.

This event is free of charge.

Tickets from the Reception Desk.
“There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.”
Albert Einstein

**Tuesday 6 March - 9.45am to 10.30am**

**Squirrels Sing and Dance**
For pre-school children.

This event is free of charge.
Tickets from the Reception Desk.

**Tuesday 6 March - 10.30am to 12.00pm**

**Squirrels Forest School**
For pre-school children.

This event is free of charge.
Tickets from the Reception Desk.

**Tuesday 6 March - 7.00pm to 8.00pm**

**E-Smart for Kids**

We are acutely aware that the digital world that we inhabit, and that our children will inherit, is both enormously exciting and deeply perilous at the same time.

Through a lively presentation and discussion we hope to explore some of the benefits and pitfalls of the internet, solve practical problems, dispel common myths and feel emboldened to go online with greater optimism and confidence.

On the panel will be:
- Chairman - David Edwards - Director of Studies
- Regan Schreiber - Head of Boarding
- Sixth Formers from King’s Bruton
- Hazlegrove children from Year 8

This event is free of charge.
Tickets from the Reception Desk.
Wednesday 7 March - 7.00pm to 8.00pm
The purpose of this evening is to deepen our understanding of the importance of faith in people’s lives, whatever shape that faith may take.
We hope to have a lively and positive discussion about the role faith plays, and can play, in our lives, and leave, hopefully, more tolerant, sensitive to other people’s needs and inspired to explore faith and religion further.
Chairman - David Edwards, Director of Studies
This event is free of charge.
Tickets from the Reception Desk.

Thursday 8 March 3.00pm to 4.00pm
Dance Studio
Briony Wood
Fitness Class
Core De Force is inspired by Mixed Martial Arts and works on the basis of a 3 minute round with a 30 second heart rate spike in the middle. From uppercuts, to jabs and roundhouse kicks, it really does provide you with a great all over body and cardio workout and, as the name suggests, a lot of it focuses on your Core! It is suitable for all fitness levels, is completely empowering and, most importantly, fun!
Places limited. Booking essential. This event is free of charge. Tickets from the Reception Desk.

Thursday 8 March 7.00pm to 8.00pm
This evening’s fundraising concert hopes to remind us of the wonderfully soothing and healing qualities of music and to encourage us to think of music as an integral part to our health and wellbeing.
Featuring Victoria Sayles, Stephen Marquiss, James Rippingale, Andrew Keenan and guest musicians.
The concert is being held to raise money for the construction of our Garden of Wellbeing which will provide a calm, safe and beautiful environment for present and future adults and children of Hazlegrove.
This event is free of charge.
Tickets from the Reception Desk.
Voluntary donations after the concert.

“Ah music,” he said, wiping his eyes.
A Concert for Wellbeing

Helen Keller

“...The best and most beautiful things in the world cannot be seen or even touched: they must be felt with the heart.”

Representatives of these faiths will be on the panel.
EVENTS FOR PARENTS
FRIDAY

When you arise in the morning, think of what a precious privilege it is to be alive - to breathe, to think, to enjoy, to love.
Marcus Aurelius

Friday 9 March
1.30pm to 3.30pm
Theatre

Basic Life Support Class for Parents
Organised by The Friends of Hazlegrove

The class will cover:
• Adult & Paediatric Basic Life Support
• Resuscitation
• Choking
• Recovery position
• Use of the defibrillator
• and much more...

Places limited.
Booking essential.

This event is £10.00 per person.
Tickets from the Reception Desk.

Friday 9 March
5.00pm to 5.45pm
theatre

Children’s Concert of Wellbeing in aid of Music as Therapy

As our festival nears its end, we are delighted to offer a Friday afternoon concert where our children will display their virtuosity, enthusiasm for, and dedication to, musical endeavours.

Proceeds to Music as Therapy

This event is free of charge.
Tickets from the Reception Desk.

Voluntary donations after the concert.

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Friday 9 March
7.00pm to 9.00pm
Theatre

Wellbeing Family Quiz Night
The theme this year is “Happy Hats”

Join us for an evening of family fun.

• Teams of 8 with at least one adult on the team
• Children from Year 3 to Year 8 are invited
• Come wearing a “Happy Hat” of your own design and that you have had fun making
• There will be prizes for the best hat and the winning team
• Cash bar available

Tickets £10.00 per team of 8 which includes a snack
Tickets from the Reception Desk.
“It is under the greatest adversity that there exists the greatest potential for doing good, both for oneself and others.”

Dalai Lama

Saturday 10 March - 7.00pm to 8.00pm
Theatre

John McCarthy experienced an almost unbelievably difficult challenge when he was taken hostage in 1986. We are delighted to continue our association with this remarkable man: there can be few better able to give us a sense of perspective when things go wrong. It has always amazed us in his talks, media appearances and in the books he has written, how he has managed to approach all that has happened to him with humour, tolerance and deeply perceptive insight.

There will be an opportunity to buy a book and have it signed by John McCarthy. This event is £10.00 per person. Tickets from the Reception Desk. Voluntary donations afterwards to Freedom From Torture.

Saturday 10 March - 9.45am to 12.45pm
Fitzjames Courtyard

The food landscape in the UK has changed beyond all measure in the last 20 years, and yet rates of obesity and the preponderance of unhealthy lifestyles are of enormous concern to all of us. We believe passionately in eating local and seasonal food and encouraging our children to make positive food choices. In doing so we are delighted to offer a variety of local food producers to tickle your taste buds.

This event is £2.00 per adult. Tickets from the Reception Desk.

Saturday 10 March - 8.30am
Cricket Pavilion

The whole Hazlegrove community will come together for our biennial Sport Relief run. We hope that the Saturday morning will enable parents, friends and family to join us and take part in this nationwide event.

Meet at 8.30am by the cricket pavilion for a whole group warm up.

This event is £2.00 per adult. Tickets from the Reception Desk.

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WELLBEING BOOK SALE

We will be selling a good selection of Wellbeing books during the festival week. They will be available to look at in the Mildmay Room and you will be able to place an order for the books at the Reception Desk. All proceeds from the sale of these books will go to Michael Morpurgo’s charity, Farms for City Children.

WELLBEING BOOK SALE

A MESSAGE FROM SIR MICHAEL MORPURGO, OBE, FRSL, FKC, DL

“Dear teachers and children of Hazlegrove. It is so kind of you to fundraise for Farms for City Children. It means a great deal to us to have your support, and I love the way you are supporting it too. A Festival of Wellbeing, in which reading plays its part. Just how it should be. Deep down, of course, we have been, for forty years and more, trying to benefit the well-being of the thousands and thousands of city children who have come to the charity’s three farms. To be able to get out into the deep countryside in all weathers, to work alongside real farmers, together as a team, to care for the animals, to make a real difference, to know your work is important and valued - all this helps with self-confidence and self-worth. It is a week of forging awareness, new understandings and new relationships, an experience that enriches young lives, one they don’t ever forget. Thank you so much. May your Festival of Wellbeing be all you hope for it, and may reading play an important part in it. If you are reading any of my books, try The Butterfly Lion, Kensuke’s Kingdom, or Listen to the Moon, or there’s a new one out in March, you could try Flamingo Boy. Be good to know what you think of it.

Love from, Michael and Clare Morpurgo.”

A MESSAGE FROM SIR MICHAEL MORPURGO, OBE, FRSL, FKC, DL

THANK YOU TO:

Our graduate gap student, Rachel Akerman BA (Hons) for creating the artwork and icons used throughout the programme.

Our gap student, Anthony Kenny, for orchestrating the planning, layout and positioning of the children and staff for our cover shot.

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THE HAZLEGROVE GARDEN OF WELLBEING

During the festival, we hope to raise some money to be able to create a Garden of Wellbeing. This will be sited in the Fitzjames Courtyard and we would like it to be styled like a Mediterranean Piazza with seating, olive trees in large wooden tubs, herbs in pots and including a sculpture and water feature. We would like to create a place that will provide a calm, safe and beautiful environment for present and future children of Hazlegrove to sit and contemplate.

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