



All students are asked to enter a minimum of 2 competitions. Tutors will keep a record of this.

Competitions I will enter: _____

Pluses and Smiley faces for every entry. Certificates and prizes for winners.

See individual staff for more details and handouts and give in your entries by the deadlines set. **Have fun!**

French: (or another language) **Origins of Fairy Stories**

What: Illustrate a scene from a traditional Fairy Story

How: On A4 paper, create a poster of a scene from a traditional fairy story. The title should be in the original foreign language. There must be a caption or speech bubble in the original language.

All entries to **Mr Whittingham by Tuesday 11th February**

Dance: Body and Mind

What: Solo, duo, trio or group performance (max 6).

How: Contemporary, lyrical, jazz, tap, hip hop, street, ballet.

All entries to **Miss Jones by 7th February. Competition performances to take place 10th February, 4-5pm.**

Digital Art: My Happy Place

What would you say is your 'happy place' – the place where you feel the most relaxed?

How: Come up with an album title and album cover that says something about your happy place. You should include an edited image, perhaps using Photoshop or other software.

All entries by **Tuesday 11th February.** email your final image as a PNG to **Mr Bell** with the email title Arts Competition.

Writing: A letter of gratitude

What: Take the time to pause and reflect on the person(/people) who has shaped your journey. It could be; the mentor who ignited your curiosity, the friend who stood by you in tough times, a fleeting encounter that resonated deeply, any other person you might be grateful to!

How: Your entry should be: 600-800 words in length, written in paragraphs, written in the form of a letter, checked carefully for correct spelling, punctuation and grammar.

All entries to **Mr. White, Mrs. Rush or Miss. Walley by Tuesday 11 February**

Maths: Mindful Mathematical Mandalas

What: Create a mandala using symmetry, circles and geometric patterns.

How: Any size, big or small. Use any materials (pen, ink, collage, paint, digital etc). A4 or A3 paper.

Prep school: try to repeat the same pattern in the 4 sections & include one triangle and one square in your pattern.

Middles & Seniors try to include at least 2 concentric circles and a circumscribed square.

All entries to **Mrs Ford by Tuesday 11th February**



Geography: How does the way you feel link to a place?

What: Create a poster(s) showing a place that makes you feel amazing physically or emotionally (or both).

How: It must be a place you have visited or experienced. Think about why this place links to feeling good. Present in a fun and eye-catching way, A4 or A3.

All entries to **Ms Birch Tuesday 11th February**

Film: Body and Mind

What: Create an iMovie or animation

How: See Mrs Mao to get full details.

All entries to **Mrs. Mao by Monday 10th February**

Bowbrook Bake Off

What: Make a brownie, blondie or brookie, a cupcake or showstopper cake.... but make it healthy! **No nuts.**

How: Your entry must contain a healthy ingredient as a substitute for the naughty ingredient! Think beetroot! Think courgette!! A small recipe card to be included stating clearly how you have made it healthier!

All entries to **Mrs Farr ON Friday 14th February**

Music: Body and Mind, what is your message?

What: Write and perform your own song which gives a strong message about reflecting upon the mind, enriching positive mental health and healthy living.

How: It should include: **Hook – Catchy repeated word which gives an important message. Accompaniment – Keyboard or guitar perhaps to support your voice. Individual or as a group**

Performances and judging day: **Thursday 6th February with Mrs Izod**

Art: Slogans and Typography

What: Create a slogan that tells us what do you believe in or feel strongly about in the style of Bob and Roberta Smith.

How: Look up the work of **Bob and Roberta Smith**. Come up with your **own slogan** and **lettering/typography styles**.

Any size, big or small. Any materials (pen, ink, collage, paint, digital etc). Use bold colours. You could turn it into a placard. A4 or A3 paper.

All entries to Mrs Mills by **Tuesday 11th February**

Photography: My downtime

What: Take a photo or series of photographs which explore what you do to relax or unwind.

This could be sports you take part in, clubs you attend, crafts or hobbies you enjoy etc.

How: Use a phone or camera. Be creative with the angle and view. You could enlarge or create close-ups. Edit the images using your laptop, phone or a free phone App (like PRISMA).

All entries emailed to or printed (A5 or A4) and given to: **Mrs Mills by Tuesday 11th February. c.mills@bowbrookhouseschool.co.uk**

