



The Howard School

Newsletter

Leadership, Organisation, Resilience, Initiative, Communication

Welcome



Mr. S Dunn

Assistant Head Teacher

My name is Mr Dunn and I am an Assistant Headteacher at the Howard School working within the Raising Standards team. We are now a week into the exam season where many of our Year 11 and 13 students have already completed exams, as well as our Year 10s who sat their first English Literature paper. There is a focus on mental health in this issue of our newsletter so I thought I'd share some strategies that can be used to keep a positive mindset and overcome any test anxiety:

Use self talk - Talk to yourself in a positive way and focus on previous exam successes

Prepare well by getting a good night's sleep, staying hydrated and keeping healthy eating routines.

Take deep breaths so you can keep control of any emotions.

Avoid cabin fever during revision by taking breaks to get some fresh air.

Accept that there will be highs and lows during this exam season, but how you react to the lows will impact how many highs you have.

All of our students have worked extremely hard during this academic year over the past few months I have worked with out Heads of Department to provide exam practice booklets, study skills sessions and targeted revision sessions. We want to wish our students the best of luck at the exam season continues and I can't wait to see the excited (and maybe nervous) faces on Results Day in August. Thank you as well to all the parents/ carers of our students who have supported their Son/Daughter during this time, as well as the school.

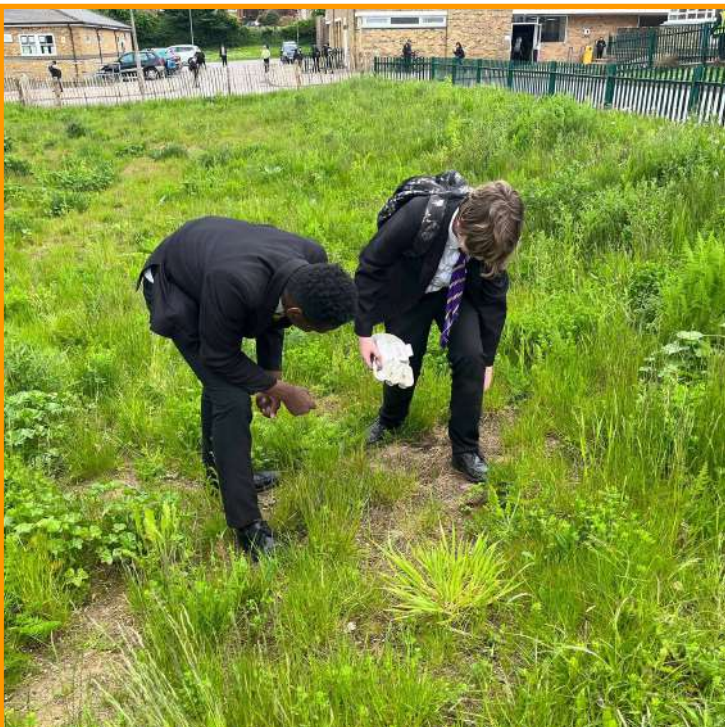
Elsewhere in the school we are eagerly awaiting the arrival of Term 6 where the hard work doesn't let up and the number of school events keeps growing. Before we end the school year with Enrichment Week we have a series of trips, mock weeks and work experience weeks. Keep an eye on our social media platforms for everything we are getting up to in the Summer term! I wish you all a restful half term and one final good luck to our Howard students sitting their exams at the moment.



Eco-Schools

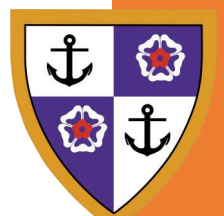


The Howard School continues in its efforts to be an eco-friendly school. Over the past few weeks students have been making seed bombs by combining clay powder, compost and wildflower seeds. Now these have dried out they have been planted around the school site to create an environment that welcomes insects and bees. Parents/ Guardians are also being gifted some seed bombs to plant in their own gardens and community.



This eco work continued with students from The Howard School working with Rainham Clever Breathers and Rainham Eco Hub to design some stickers to remind people to turn off their lights.

If you have an eco project you think we should be involved with, please contact Ms. Ashbee.





WEST END

MASTERCLASS!

WITH EMILY GOODENOUGH FROM



FREE FOR EXISTING WHAM STUDENTS

£15.00 FOR NON-WHAM STUDENTS

TRINITY COLLEGE ARTS AWARDS AVAILABLE



**SATURDAY
27TH MAY
2023**

**JUNIORS (Up to 8 Years)
11am to 12.30pm**

**SENIORS (9/10+ Years)
12.45pm to 2.15pm**

**JOIN US AT:
WATERFRONT UTC
CENTRAL ATRIUM**

**South Side Three Road,
Gillingham, Kent
ME4 4FQ**

BOOK ONLINE OR CONTACT US | LIMITED SPACES!

www.whamtheatreschools.com
info@whamtheatreschools.com



Tip #1

Get some fresh air. Walking to school is a really good way of exercising and meeting up with friends. If you can't do that, maybe get off the bus a stop earlier.



Tip #2

Talk to your family and friends if you have any worries. Keep in touch with other relatives with phone calls, WhatsApp or texts.

This week is Mental Health Awareness Week. To mark this occasion, The Howard School is re-sharing a collection of still-images that were created by some of our rather brilliant drama students highlighting some of the best tips for young people when trying to manage their mental health.

Seeking help is often the first step towards getting and staying well, but it can be hard to know how to start or where to turn to. It's common to feel unsure, and to wonder whether you should try to handle things on your own. But it's always ok to ask for help – even if you're not sure you are experiencing a specific mental health problem.

There are lots of options for support out there, although you might find some are more suitable for you, or more easily available. There's no wrong order to try things in – different things work for different people at different times.

For more information, please go to www.mind.org.uk



Tip #3

If you're feeling stressed, think back to a time you have overcome stress before. What helped then? Can you use those things again?



Tip #4

Get into a good bedtime routine. Getting a good night's sleep is a really positive thing.



Tip #5

Eating regular meals is really important to help with your energy levels. Drink lots of water too to help keep the brain active.



What Parents & Carers Need to Know about

TELEGRAM

AGE RESTRICTION
17+

WHAT ARE THE RISKS?

LACK OF AGE RESTRICTION

Telegram has a 16+ age restriction on using the service, while someone is required to be over 17 to actually download the app. Once that's accomplished, however, there's no need to provide further identification. That means there's no guarantee that under 17s aren't using the app – and no way to confidently verify that any other user actually is who they say they are.

POSSIBLE CYBERBULLYING

If your child uses Telegram, they could well be in a group with friends and peers on the app. These groups are managed by admins who can remove the option to post replies – possibly leading to instances of cyberbullying in which the victim has no ability to respond. Messages can be forwarded from groups, too, which potentially opens up images and text being seen by people they weren't intended for.

UNMODERATED CONTENT

Because Telegram relies on users' self-moderation, it can sporadically become a hotbed for illegal or inappropriate content. In the past, the circulation of this material has led to its temporary removal from the App Store. In fairness, the same can be said of several messaging platforms, but Telegram's features (Secret Chats, for instance) certainly present more issues than the likes of WhatsApp.

PRIVACY CONTROLS

If your child wants to use Telegram, we'd strongly suggest using the app's built-in privacy settings to restrict who can see when they were last online, their profile photo, and their phone number. This can be set to 'everybody', 'my contacts' or 'nobody'; we'd recommend either the second or third options, depending on how locked down you want the platform to be.

USE THE BLOCK FUNCTION

Users can block spam, abusive, or imposter accounts within the app. Blocking stops that account from messaging your child, or viewing their profile and activity. If the user in question is one of your child's peers or friendship circle, it may be worth bringing it to the attention of their school. Also bear in mind that your child can also voluntarily leave a Telegram group at any point if they wish.

DISCUSS SECURITY

It's important that your child understands the merits of strong passwords and logging out of devices when they're finished – and the benefits of protecting their personal data in general. This could range from relaxed chats and simple tips like "don't send your bank details" to how to set up passcodes for Telegram so your child's chats stay secure when they step away from their screen.

REPORT UNSAFE CONTENT

If your child receives private messages which include content that could be considered illegal, unsafe or upsetting, they can of course block the account responsible within the app itself. Be aware, however, that Telegram won't necessarily take any further action unless this offensive content involved a user-created channel, bot or sticker.

PROTECT PAYMENT METHODS

Apple and Google's storefronts offer family sharing options, but it's also worth double-checking your settings to ensure that a password or two-factor authentication option is set up to prevent any unexpected purchases. If your child does pay for a premium Telegram subscription without your consent, Apple and Google have been known to issue refunds in some cases.

PREMIUM COSTS

Telegram is free to use, but it also offers a premium membership (£4.99 per month or £35.99 a year) which increases download speeds, adds translation features, and increases channel and account limits. If your child has access to your Apple ID or Google Pay details, they may be able to sign up for the premium package without your knowledge.

UNAUTHORISED ACCESS

One of Telegram's major selling points is that it's accessible across multiple platforms. Once the app's been downloaded, users can log in from a phone, tablet or computer. This multi-device availability means increased opportunities for someone else to gain unauthorised access (if your child leaves a computer or tablet at school logged into their Telegram account, for instance).

SECRET CHATS

Telegram offers a feature called Secret Chats, which allows for messages which self-delete after a specified period of time. There are instances where this can be useful (journalists often use Telegram to protect their sources, for example), but for young people it can make it extremely difficult to prove that someone has been abusive or inappropriate towards them on the app.

Advice for Parents & Carers

Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site GGRacon and has worked in the gaming media for around four years. A regular visitor to the App Store to try out new tools, he's also a parent who understands the value of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including ION and TechRadar.



PREMIUM ACCESS



National Online Safety®

#WakeUpWednesday

Source: <https://www.telegram.org/> | <https://www.engadget.com/telegram-explained-2022-103035068.html>

MUSIC dePARTMENT

Our Music Department has had a bit of a 'face-lift' just recently and is looking pretty amazing! Our new music classrooms are now complete with Apple Macs, music recording software and high-end state of the art midi keyboards! This is obviously on top of the excellent resources that the department had to offer anyway including

class sets of guitars and ukuleles, drum kits and access to some of the very best peripatetic teachers in the business. If you would like to become more musical and have a go at turning your hand towards learning an instrument, then please do speak with Mr. Podesta who will gladly point you in the right direction and help you get started. In keeping with our mental health awareness theme for this newsletter, it is worth mentioning that according to Birmingham University, when you study music "not only do you become more intelligent when playing an instrument, you also maintain good physical health, mental health and well-being due to music's relaxing and anti-aging benefits. When studying Music, your brain needs to simultaneously process different pieces of information at quick speeds".





A request from the Pastoral Team here at The Howard School - If you have any uniform items that you are no longer in need of, please do consider



donating to the school as there are some families that would appreciate your donations. We have also partnered up with Carks and UNICEF and will be collecting any old shoes that could be donated. Many thanks for your support!

The Child Health Team are conducting some insight work with Medway parents and carers on their views and experiences of relationships and sex education. This will help them develop a suitable support package for parents and carers, which will include learning sessions and newly created resources.

They have created an online survey which takes approximately 10 minutes to complete. The Child Health Team would be very grateful if you could complete the survey before **Friday 14th July 2023**.

Anyone that completes the survey will have an opportunity to take part in a prize draw to win one of three £100 Amazon vouchers. And the Child Health Team will make sure that the winners have their voucher before the end of the summer term, in time for the school holidays.

https://forms.office.com/Pages/ResponsePage.aspx?id=kz5QaOc8lkq_xf_uQhofV7JzVU_O6s5OnFO6TMhIOZRUOVZVTVKQlgzM1JBT1dORjg0U1k5VDJDUC4u

Medway Parent/Carer Statutory RSE Consultation



Have a concern about a student?

Need some help or advice? People you can talk to:



Pastoral Manager

Ms. McComas

Deputy Safeguarding Lead



Deputy Head Teacher

Mr. Green

Safeguarding Lead



Assistant Head Teacher SENCo

Mrs. Deakin

Deputy Safeguarding Lead



Senior Head of Year

Ms. Ali

Safeguarding Officer



Mrs. Parish

Safeguarding Officer



Senior Head of Year

Mr. Longe

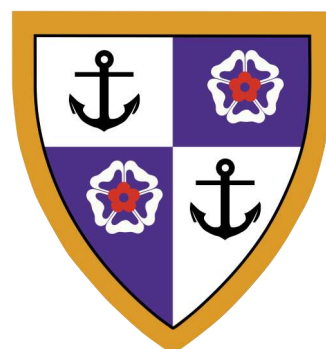
Safeguarding Officer

Have a concern you would like to raise or discuss?

Visitors: please email greens@thehowardschool.co.uk

Howard School Staff: report on our internal reporting system

Students: contact any member of the safeguarding team



01634 388765 | www.thehoward-that.org.uk | office@thehowardschool.co.uk



CONVENTION ON THE RIGHTS OF THE CHILD

43-54



HOW THE CONVENTION WORKS



On Wednesday 17 May, Year 12 students took part in their termly 'Pub Quiz' style House Event and were asked a range of questions from four different rounds titled 'How Much?', Games Consoles, Children's Fiction and Film Posters. Questions included:

Which of these is the most numerous?

- a. Games played in longest-ever tennis match
- b. Number of aircraft carriers that have been constructed
- c. Number of buildings in New York City higher than 150 metres
- d. Number of bones in the human body

With the correct answer being 'Number of buildings in New York City higher than 150 metres' at 257 buildings, followed by 206 bones, followed by 183 games in tennis, followed by 146 aircraft carriers (of which only 20 now in service).

The results of this House Event are as follows:

House	Marks	Ranking	Champ. Points
Attenborough	56.5	3rd	30
Hawking	58	2nd	40
Pankhurst	43	5th	10
Tull	51	4th	20
Turing	61	1st	50

On Thursday 18 May, Year 8 students took part in House Rounders. Each House represented themselves extremely well and the competition was tight and in this case, there could only be TWO winners! The results are as follows...

House	Ranking	Champ. Points
Attenborough	1st	50
Hawking	4th	20
Pankhurst	5th	10
Tull	1st	50
Turing	3rd	30



NEW DATE
AVAILABLE

Interested in a career in teaching?

At The Howard School, we are committed to teacher training and want to support those considering a career in teaching to make informed decisions.



Is teaching for me?

Teaching is a highly rewarding and enjoyable career but it is not all holidays and early finishes! To be a successful teacher, you need to have a passion for supporting young people to reach their potential; a drive to challenge thinking and ideas; and an enthusiasm to bring learning to life!

Teacher Open Day Events

As part of our commitment, we are offering "Teacher Open Days" where individuals will be able to come to the school and experience what it's like to be a teacher!

Events run from 9am-3pm and you will:

- Experience subject specific lessons
- Meet with leaders of ITT at THS
- Learn about the training routes available and how to apply



Upcoming Teacher Open Days

8th March 2023 | 12th July 2023

For more information, visit: www.thehoward-that.org.uk/itt
Email enquiries@tgtsh.org.uk to register your place at an Open Day



The Howard
School



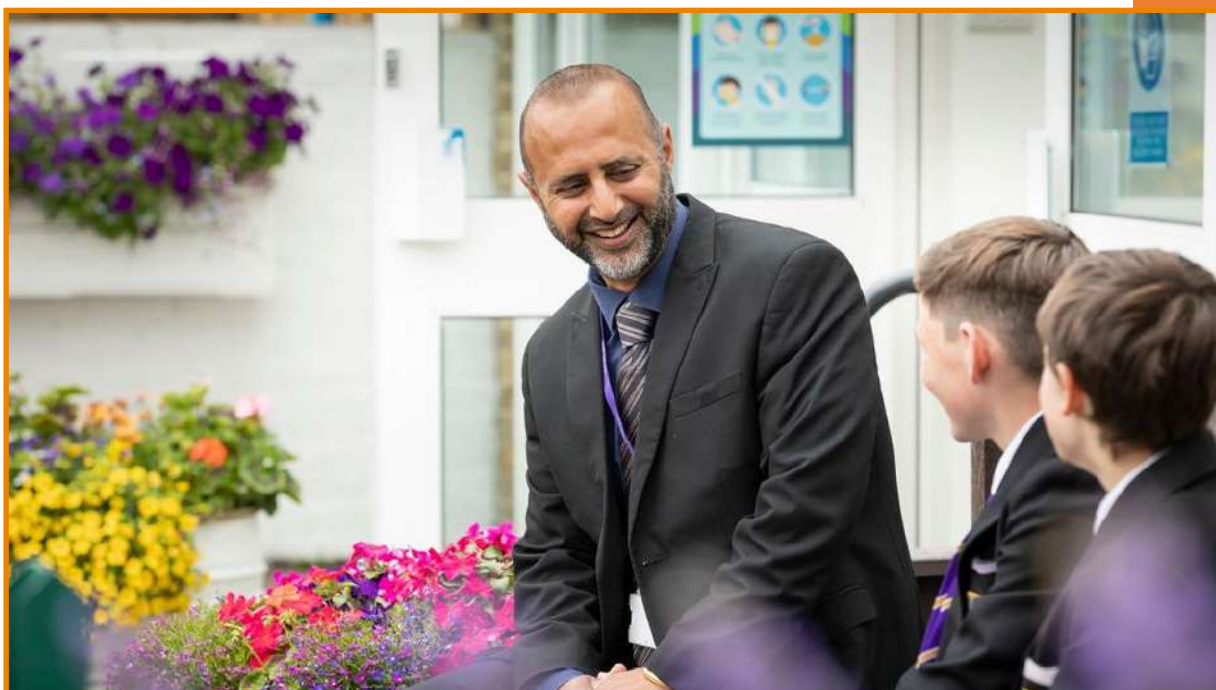
THE HOWARD
Academy Trust



Thames Gateway
Teaching School Hub

KMT

QUALITY
TEACHER
TRAINING



Mr. J Johal - Head of School
johalj@thehowardschool.co.uk
01634 388765 ext. 3004

Mr. R. Hillier - Assistant Head Teacher
hillierr@thehowardschool.co.uk
01634 388765 ext. 3011

House Points - running total

ATT	135,380	HAW	136,934	PAN	140,903	TUL	141,463	TUR	141,724
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