



The Howard School

Newsletter

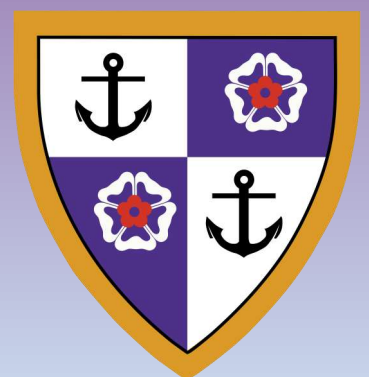
Leadership, Organisation, Resilience, Initiative, Communication

In this issue:

- ◇ Introduction by Headteacher, Mr Johal
- ◇ School sponsorship opportunities
- ◇ Year 11 sponsorship with Oxden Floors
- ◇ Year 11 Student Cancer Research charity event
- ◇ Ramadan
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- ◇ Encouraging open conversations at home
- ◇ STEM event
- ◇ Medway by numbers event



CANCER
RESEARCH
UK



Welcome



Mr Johal
Headteacher

As you may know from our newsletters Mr Knights has worked very hard with the staff at The Howard School to develop The Howard School House system and Championship. The Events that take place are weekly and are wide ranging because we want to ensure that it piques the interest of a wide range of students and it broadens their enjoyment of attending the school. Our House Championship is extensive and the uptake from students is very good. We are really excited to announce that one of our parents has put forward a prize for our House

competition and for our Year 11 students. Mr Fox has made the very kind donation of a LG 4K Ultra HD Smart TV. It certainly has had a positive effect for the Year 11s and spurred them on to work hard for Golden Tickets from which one will be drawn to win the prize.

As a school we have made an increasingly concerted effort to allocate as much time, effort and funds to rewards and the House Championship. We want to make sure the positive efforts of our hardworking students are rightly acknowledged, recognised and as much as possible rewarded. To continue this we are seeking donations in any of the following: Prizes, vouchers or a voluntary contribution towards the school House/Rewards scheme from any Parents/Carers or local businesses. It could be a one off donation or even better, Parents/Carers could sponsor a Year Group. If you do have a business or represent one and do choose to sponsor a House/Year Group or donate a prize we will advertise your business in our weekly newsletter.

If you would like further information concerning this, please email Mr Knights at knightsj@thehowardschool.co.uk

Thank you.



SPONSOR OUR STUDENTS

We are looking for sponsors of our Year Groups and our various House Events to support your child and all students at our school! In appreciation of sponsorship, large or small, we will acknowledge and, where possible, promote your company across the school's social media platforms (Facebook, Instagram) and in our weekly newsletter.

If you're interested in supporting our fantastic students by sponsoring a Year Group or a House Event, please reach out to Mr. Knights at knightsj@thehowardschool.co.uk who will be happy to discuss



PlayStation®



XBOX



Nando's



amazon



AirPods

ODEON



SAMSUNG

GRAVITY
ACTIVE ENTERTAINMENT

YEAR 11 GOLDEN TICKET PRIZE DRAW!



oxdenfloors
L I M I T E D

With a HUGE thank you to OXDEN FLOORS LTD., our year 11 students are in with a chance of winning a 50" LG Ultra HD smart TV at the Golden Ticket raffle at the end of the year!

All they need to do to win this amazing prize donated by Oxden Floors Ltd. is earn Golden Tickets in their lessons, put half of it in their House's box in main reception and put the other half in their Year 11 LG TV box in main reception!

The draw will take place in their year 11 leavers' assembly in term 6!

Good luck to you all and once again, a huge thank you to Oxden Floors Ltd for their very generous donation!

<http://oxden-floors.co.uk/> - Professional suppliers and installers of high quality flooring.

Oxden Floors Ltd are one of the UK's leading contract flooring specialists. Their rich near-40 year history brings a high level of professionalism, service and technical ability to every project they are involved with, and they are well respected within the industry.

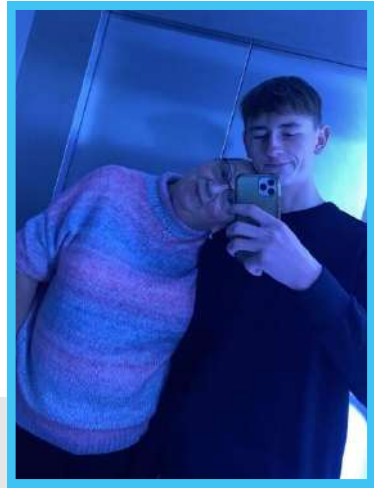
They can supply and install an extensive range of high quality floor coverings for Industrial and Commercial applications. Their friendly, competent flooring team can offer advice and assistance to ensure the correct floor covering is used in the environment in which it is to be laid.

Family values are core to their professional team, and this is reflected in the service they provide. They always go the extra mile to ensure customers' flooring project is delivered and installed on time. Every time.





CANCER RESEARCH UK



Total raised
£1,192.00
+ £231.75 Gift Aid

119% of the £1,000.00 target



£300

Cancer's weakness



£500

Providing cancer support



£1,000

Hunting innovations



£2,500

Delivering treatments



"Thanks for visiting my fundraising page. I'm running 62 miles in March to help raise money for Cancer Research UK. Please show your support and help fund life-saving research by donating to my page. In June of 2022, my mum was diagnosed with a blood cancer called Multiple Myeloma. I am doing this run to help raise awareness for this life threatening condition and to help others understand just how serious it is. During the last 18 months of seeing my mum go through her treatments, it's inspired me to do as much as I can to help move forward the progress of stopping this horrible disease."

**PLEASE DONATE WHAT YOU
CAN BY CLICKING THE LINK
BELOW :)**



<https://fundraise.cancerresearchuk.org/page/matthews-giving-page-2782>

RAMADAN MUBARAK

رمضان مبارك

**A MESSAGE FROM TEAM RE
TO OUR MUSLIM STUDENTS AND COLLEAGUES
YOU ARE MOST WELCOME TO U23 FOR**

- PRAYER
- RESPITE

AT BREAK AND LUNCH

Ramadan Mubarak! As the blessed month of Ramadan begins, we embark on a journey of reflection, gratitude, and spiritual growth. During this sacred time, Muslims around the world observe fasting from dawn till dusk, engage in prayer, and extend acts of kindness and charity to those in need. Ramadan is not just about abstaining from food and drink; it's a time to cleanse the soul, cultivate empathy, and strengthen bonds with family and community. It's a month of self-discipline, selflessness, and self-discovery. Let us embrace the beauty of Ramadan and strive to embody its values of compassion, generosity, and forgiveness throughout the year. May this month bring peace, blessings, and joy to all. ***Ramadan Mubarak to you and your loved ones!***



Incredible news from our Year 8 rugby team! Yesterday, The Howard School dominated the annual Swale rugby competition, aiming to defend their title from their earlier victory. And guess what? They did it AGAIN! With impressive wins of 7-1, 4-1, and a stunning 10-0, the boys showed their strength and determination throughout. But it all came down to the final showdown against Queen Elizabeth's - both teams hungry for the win. In a nail-biting match, our boys delivered, securing a fantastic 4-0 victory and reclaiming the championship trophy! Huge congratulations to the entire team for their outstanding performance and for once again bringing home the title! Let's keep the celebrations going!

SPORT at THS



SPORT at THS

Another fantastic week for our Year 7 football team! On Tuesday, we secured a thrilling 2-1 victory against Rainham Mark Grammar School with incredible goals from Fletcher and Kailon! And on Wednesday, we continued our winning streak with a resounding 5-0 triumph against Thomas Aveling, with goals scored by Fletcher, Jack, Luc, Connor, and Kailon! Our Year 7s are absolutely on fire this season, having played 7

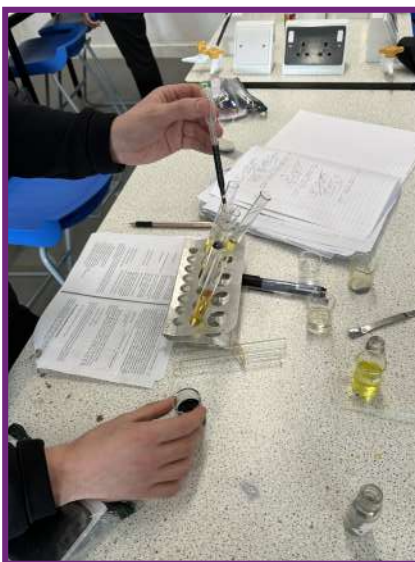
matches and emerged victorious in all, scoring an impressive 40 goals while conceding just 3! Keep up the phenomenal work, team! Let's keep the momentum going!



SCIENCE



This week, our 6th form chemists investigated the redox reactions of iron involve. This investigation studies the transfer of electrons between iron atoms or ions and other substances. Iron can undergo oxidation (loss of electrons) to form iron ions with a higher oxidation state or reduction (gain of electrons) to form iron ions with a lower oxidation state. These reactions are fundamental in various industrial processes, such as the rusting of iron and the production of steel.





"Good Morning,

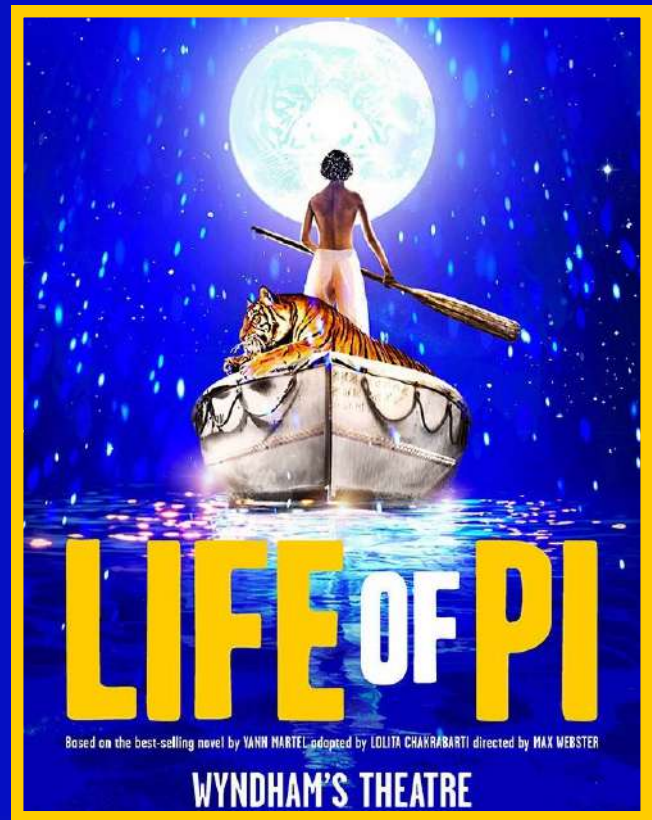
Yesterday I attended a performance of Life of Pi at the Churchill Theatre in Bromley. I was sat at the end of row H with my Mum,

PRAISE FOR OUR STUDENTS

behind a group of Year 10 boys from The Howard School. I would like to say how well behaved and polite the boys were both to us and their teachers. They spoke to their teachers with great affection and respect which was completely reciprocated by the teachers. On many occasions the boys turned round to chat to us about the show and their studies – both to us and a couple sitting next to us.

I'm sure there were times when their interest was lost but at no time did they mess around and showed respect to others watching the show around them. A couple of names I overheard were Kieran and Jake but all the boys in the first 5/6 seats of row G were extremely well behaved. Nowadays, people are very quick to complain about teenagers but, being the parent of teenagers, I wanted to praise the boys behaviour – the school and their parents should be very proud of them.

Kind Regards
Georgina"



10 Top Tips for Parents and Educators

ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a café, or just a weekly walk.

9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

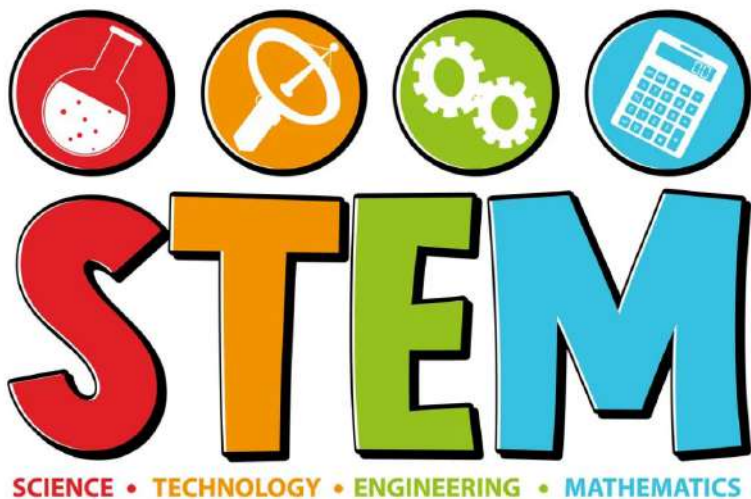
Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday®

The National College®



STEM

SCIENCE • TECHNOLOGY • ENGINEERING • MATHEMATICS

Last week, our courageous Year 7 and 8 students embarked on an adventure of resilience and creativity during MEBP's K'Nex competition - a testament to our school's commitment to STEM (Science, Technology, Engineering, and Mathematics) education!

A group of students, armed with K'Nex pieces and fuelled by imagination, took on the challenge of constructing structures to guide a precious bottle of water down and back up a challenging wire. However, setbacks were inevitable. K'Nex creations fell apart, structures crumbled, and spirits momentarily wavered. But in those moments of difficulty, our students showed incredible resilience. They picked up the pieces, both figuratively and literally, and rebuilt their designs with even greater determination!

As the competition progressed, so did the challenges. From tackling uphill ascents with motor-powered contraptions to pushing the limits of carrying capacity and speed, each task demanded adaptability and perseverance.

Through hands-on challenges like the K'Nex competition, our students develop critical thinking, problem-solving, and teamwork abilities, preparing them for future success in STEM-related fields.

Congratulations to all participants for showcasing remarkable resilience, creativity, and teamwork throughout the competition. Your ability to overcome challenges speaks volumes about your character and determination!





@futureCodersSE
nurturing coding talent through work experience

Medway by Numbers

Can data help paint a picture?

Use the latest census data, or air data, to learn new facts about Medway
Create a visual story of information learnt from the data

Join one of our 2 hour creative workshops

How many households per area?

How many are under-occupied?

How clean is the air?

How old is Medway's population?

How diverse is Medway's population?

Share some interesting stories and do some maths!

Register your interest



<https://bit.ly/air-stories>

Dates and times	Location	Cost
<p>Next workshops:</p> <p>Tuesday 26th March 12.30-2.30pm Saturday 23rd March 10am-12pm Saturday 13th April 10am-12pm Thursday 25th April 12.30-2.30pm</p> <p>Visit the link (or scan the QR code) to register your interest</p> <p>Find out more: : info@futurecoders.org.uk</p>	<p>÷ Workshops will be held at</p> <p>  The Arts Lab Sun Pier House Medway Street, Chatham ME4 4HF </p> <p>+ Light refreshments will be provided</p> <p>Attendance will qualify you for a place on a free maths with code course OR a set of 10 bootcamp fitness sessions OR a shopping voucher</p>	£0

<p>1</p>  <p>DEFINITION OF A CHILD</p>	<p>2</p>  <p>NO DISCRIMINATION</p>	<p>3</p>  <p>BEST INTERESTS OF THE CHILD</p>	<p>4</p>  <p>MAKING RIGHTS REAL</p>	<p>5</p>  <p>FAMILY GUIDANCE AS CHILDREN DEVELOP</p>	<p>6</p>  <p>LIFE, SURVIVAL AND DEVELOPMENT</p>	<p>7</p>  <p>NAME AND NATIONALITY</p>
<p>8</p>  <p>IDENTITY</p>	<p>9</p>  <p>KEEPING FAMILIES TOGETHER</p>	<p>10</p>  <p>CONTACT WITH PARENTS ACROSS COUNTRIES</p>	<p>11</p>  <p>PROTECTION FROM KIDNAPPING</p>	<p>12</p>  <p>RESPECT FOR CHILDREN'S VIEWS</p>	<p>13</p>  <p>SHARING THOUGHTS FREELY</p>	<p>14</p>  <p>FREEDOM OF THOUGHT AND RELIGION</p>
<p>15</p>  <p>SETTING UP OR JOINING GROUPS</p>	<p>16</p>  <p>PROTECTION OF PRIVACY</p>	<p>17</p>  <p>ACCESS TO INFORMATION</p>	<p>18</p>  <p>RESPONSIBILITY OF PARENTS</p>	<p>19</p>  <p>PROTECTION FROM VIOLENCE</p>	<p>20</p>  <p>CHILDREN WITHOUT FAMILIES</p>	<p>21</p>  <p>CHILDREN WHO ARE ADOPTED</p>
<p>22</p>  <p>REFUGEE CHILDREN</p>	<p>23</p>  <p>CHILDREN WITH DISABILITIES</p>	<p>24</p>  <p>HEALTH, WATER, FOOD, ENVIRONMENT</p>	<p>25</p>  <p>REVIEW OF A CHILD'S PLACEMENT</p>	<p>26</p>  <p>SOCIAL AND ECONOMIC HELP</p>	<p>27</p>  <p>FOOD, CLOTHING, A SAFE HOME</p>	<p>28</p>  <p>ACCESS TO EDUCATION</p>
<p>29</p>  <p>AIMS OF EDUCATION</p>	<p>30</p>  <p>MINORITY CULTURE, LANGUAGE AND RELIGION</p>	<p>31</p>  <p>REST, PLAY, CULTURE, ARTS</p>	<p>32</p>  <p>PROTECTION FROM HARMFUL WORK</p>	<p>33</p>  <p>PROTECTION FROM HARMFUL DRUGS</p>	<p>34</p>  <p>PROTECTION FROM SEXUAL ABUSE</p>	<p>35</p>  <p>PREVENTION OF SALE AND TRAFFICKING</p>
<p>36</p>  <p>PROTECTION FROM EXPLOITATION</p>	<p>37</p>  <p>CHILDREN IN DETENTION</p>	<p>38</p>  <p>PROTECTION IN WAR</p>	<p>39</p>  <p>RECOVERY AND REINTEGRATION</p>	<p>40</p>  <p>CHILDREN WHO BREAK THE LAW</p>	<p>41</p>  <p>BEST LAW FOR CHILDREN APPLIES</p>	<p>42</p>  <p>EVERYONE MUST KNOW CHILDREN'S RIGHTS</p>

43-54



HOW THE CONVENTION WORKS

CONVENTION ON THE RIGHTS OF THE CHILD

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

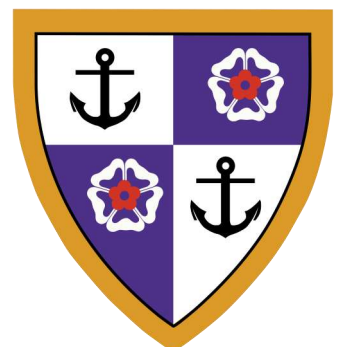
Safeguarding Officer

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



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