



# The Howard School

## Newsletter

*High Standards lead to High Achievement*  
*Be Hardworking | Be Good | Be Kind*

# welcome



**Mr. Hillier**  
Assistant Principal

Hello everyone,

What a fantastic and action-packed week it's been here at The Howard School! Our students have truly been shining, whether in the classroom, on trips, or on the sports field.

This week, we saw some incredible opportunities for learning beyond the classroom. Our Criminology students visited the Houses of Parliament, exploring the world of lawmaking and justice – a fascinating experience for all

involved. Meanwhile, our Business Studies group attended an engaging training course, learning valuable skills and insights about the world of work. The History department also took a group of students to Ypres, where they reflected on the powerful stories of World War I. These trips bring learning to life and help our students see the bigger picture – and they represented The Howard School brilliantly throughout.

On the sports front, our basketball and rugby teams have had a stellar week, with some fantastic results. A huge congratulations to all players for their hard work and team spirit – you've done us proud!

It's weeks like these that remind us what makes The Howard School so special. Whether it's in lessons, on trips, or in extracurricular activities, our students are always striving to do their best and make the most of every opportunity. Thank you to all staff, parents, and carers who support these amazing experiences. Here's to another week of achievements!

We are delighted to invite prospective students to our Sixth Form Open Mornings on **Wednesday, 11th December, and Thursday, 12th December, from 8:40 am to 10:50 am.**

This is a fantastic opportunity to discover why The Howard School Sixth Form is a top choice for students, consistently oversubscribed year after year.

### What to Expect:

- **Principal's Welcome** – Hear from Mr Johal as he shares our vision, values, and the unique opportunities we provide.
- **Student Ambassadors** – Meet our current Sixth Form students and hear about their experiences, from transitioning to A-levels and BTECs to life in our supportive community.
- **Explore Subject Areas** – Visit our classrooms, meet teachers, and learn about the wide range of A-levels and vocational courses on offer.
- **Guided Tours** – See our state-of-the-art facilities, including advanced science labs, creative studios, and dedicated Sixth Form spaces.

At The Howard School Sixth Form, we offer exceptional support, flexible course options, and numerous enrichment opportunities to help students achieve their aspirations. With pathways to top universities, apprenticeships, and fulfilling careers, we prepare our students for a bright future.

We look forward to welcoming you and showing you why The Howard School Sixth Form is the perfect place to take the next step in your education!



# Sixth Form Open Mornings

11th & 12th December 2024

*Tour our facilities, meet our teachers and speak to our students!*

**Interested in joining us?** Sign up in advance

[www.thehoward-that.org.uk/opendays](http://www.thehoward-that.org.uk/opendays)



Working together to build a community of successful learners. Proudly part of The Howard Academy Trust.





# OUR SAFEGUARDING TEAM

Principal Mr J Johal

[safeguarding@thehowardschool.co.uk](mailto:safeguarding@thehowardschool.co.uk)

Scan Me



**MR S GREEN**

Vice Principal  
Designated Safeguarding  
Lead

01634 388765 Ext: 3015



**MS T MCCOMAS**

Pastoral Support Manager  
Deputy Safeguarding Lead

01634 388765 Ext: 3006

**MRS J DEAKIN**

Assistant Principal  
Deputy Safeguarding Lead

01634 388765 Ext: 3030



**MS A MULROONEY**

Assistant Principal  
Safeguarding Officer

01634 388765 Ext: 3038



**MR N LONGE**

Senior Head of Year  
Safeguarding Officer

01634 388765 Ext: 3036



**MR B DABURN**

Senior Head of Year  
Safeguarding Officer

01634 388765 Ext: 3046

**MS J PARISH**

Safeguarding Officer

01634 388765 Ext: 3020



**MRS S KEEGAN**

Safeguarding Officer

01634 388765 Ext: 3009



Medway Council Children's Social Care can be contacted on 01634 334466  
Medway's First response Service is 01634 334466: 24 hour emergency number is 0300 041919  
Alternative telephone numbers where you have concerns about a child:  
NSPCC: 08088 005000 - ChildLine: 0800 1111

On Tuesday, 16th November 2024, our Year 13 Criminology students had an awesome trip to the Houses of Parliament! This was a brilliant chance to step out of the classroom and see how politics really works.

The day kicked off with a tour of the historic House of Commons. Students got to hear about some wild moments in British history, like the assassination of The Right Honourable Spencer Perceval KC in 1812. It was such an interesting way to start the day!

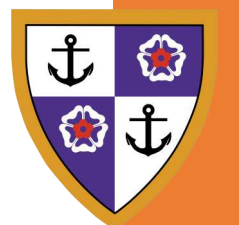
Next, we watched a live debate in the House of Commons. Seeing MPs in action brought all those lessons about politics to life—real issues, real discussions, and plenty of drama.

But the best part? Meeting our local MP, Naushabah Khan! She answered loads of questions from our students about:

- Making Gillingham and Rainham better places to live.
- Creating more job opportunities for young people.
- What she thinks about changes to post-16 education.
- Her views on the Assisted Dying campaign.

It was an amazing chance to chat with someone who's actually shaping the future. The students left with a clearer idea of how laws are made and how they can make a difference too.

Great weather and even greater vibes made the day unforgettable. Big thanks to everyone who made it happen!





On Tuesday, 16th November 2024, our Year 13 Criminology students experienced an unforgettable visit to the Houses of Parliament. This out-of-classroom trip offered a unique chance to explore the workings of UK Parliament and deepen their understanding of the legislative process.

The day began with a guided tour of the historic House of Commons. Students learned about key moments in British political history, including the assassination of The Right Honourable Spencer Perceval KC in 1812. This fascinating introduction set the stage for an insightful and engaging experience.

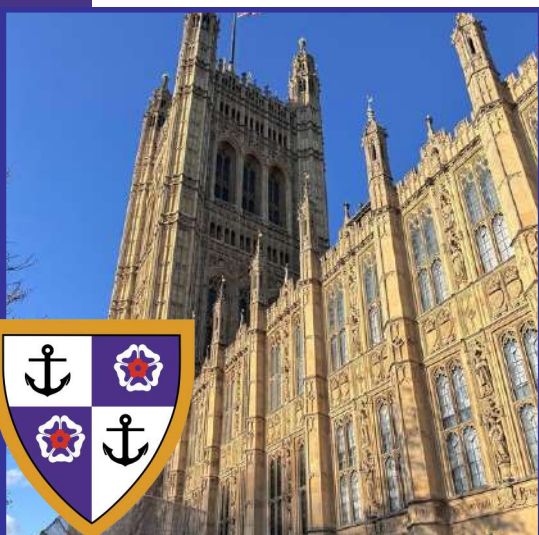
Next, students had the opportunity to observe a live debate in the House of Commons. Witnessing the lively discussions between MPs provided a real-world context to their studies, demonstrating how contemporary issues are addressed through political dialogue.

A major highlight of the trip was meeting our local MP, Naushabah Khan. During this interactive session, students asked questions about a range of topics, including:

- Plans to improve Gillingham and Rainham.
- Enhancing employment opportunities for young people.
- Views on changes to post-16 education.
- Perspectives on the Assisted Dying campaign.

This invaluable experience allowed students to engage directly with their elected representative, gaining insights into how MPs respond to community concerns and shape policy.

The visit concluded with a deeper understanding of how laws are created and how campaigns influence legislation. Coupled with great weather, the trip was an inspiring and educational experience that brought classroom learning to life. Thank you to all who made it possible!



# What Parents & Educators Need to Know about

SNAP STREAK

97

DAYS

# SNAPCHAT

AGE RESTRICTION  
13+

Snapchat is a messaging app which allows users to send images, videos and texts to others. Its best-known feature is that anything sent 'disappears' 24 hours after it's been viewed; however, users are known to take screenshots or use another device to obtain a photo of their screen. In 2023, Snapchat added a chatbot function called 'My AI'.

## WHAT ARE THE RISKS?

### ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

### PREDATORS AND SCAMS

Predators can exploit Snapchat's disappearing messages by, for example, luring a user they have naked photos of them and will post them unless they're paid. Snapchat's own research found that 58% of teenagers had experienced this - on this app or others. This likely isn't helped by 'SnapMaps' - a feature which highlights your exact position in real-time. This is meant to help friends keep track of each other, but could be used for more sinister reasons.

### MY EYES ONLY

Snapchat has a hidden photo vault called 'My Eyes Only'. Teens can conceal sensitive photos and videos from parents and carers in this folder, which is protected by a PIN. You can check for this by clicking on the icon which looks like two playing cards. This takes you to the 'Memories' folder which stores photos, stories and the My Eyes Only folder.

### SCREEN TIME ADDICTION

Snapchat prioritises user engagement, with features like streaks (messaging the same person every day to build up a high score). The app also has sections called 'Discover' and 'Spotlight', which show tailored content to each user. However, this could also be seen as an attempt to hook users into watching videos endlessly. Furthermore, constant notifications can lure people into using the app.

### INAPPROPRIATE CONTENT

Some content on Snapchat simply isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people to share explicit images on impulse - so sexting continues to be a risk associated with Snapchat.

### ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beauty' effects on photos can set unrealistic body image expectations - creating feelings of inadequacy in younger users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

## Advice for Parents & Educators

### UTILISE PARENTAL CONTROLS

Snapchat's 'Family Centre' lets you view the details of the child's account, their friends list and who they've spoken to in the last week - and report any concerns. You must invite a child to the Family Centre for them to join. To keep the child's location hidden on the app, go into settings and turn on 'Ghost Mode' and 'Hide Live Location', and ensure they know not to share their location with anyone.

### BLOCK AND REPORT

If a stranger does connect with a child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, the child can tap the three dots on that person's profile and report or block them. There are options to state why they're reporting that user - such as annoying or malicious messages, spam or masquerading as someone else.

### FAMILIARISE YOURSELF

Before you allow a child to download Snapchat, download it yourself and familiarise yourself with the app. Snapchat has produced a parents' guide to the app to help you understand how it works and any protections they have in place. A link for this can be found in the sources below.

### ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. For example, discuss My AI's responses to questions and how reliable they are. Talk about scams and blackmail before letting children sign up. If they're faced with a sext, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

# House Events

Term 2



1st - 50  
2nd - 40  
3rd - 30  
4th - 20  
5th - 10



## Spelling Bee

- Year 7 - 10th December
- Year 8 - 9th December
- Year 9 - 4th December
- Year 10 - 3rd December
- Year 11 - 2nd December
- Year 12/13 - 5th December



- Year 7 - 25th November
- Year 8 - 26th November
- Year 9 - 25th November
- Year 10 - 26th November
- Year 11 - 27th November

### HOUSE DARTS

To sign-up and represent your House on any event, head to your Google Classroom or see Mr. Hillier



1  
  
DEFINITION OF A CHILD

2  
  
NO DISCRIMINATION

3  
  
BEST INTERESTS OF THE CHILD

4  
  
MAKING RIGHTS REAL

5  
  
FAMILY GUIDANCE AS CHILDREN DEVELOP

6  
  
LIFE, SURVIVAL AND DEVELOPMENT

7  
  
NAME AND NATIONALITY

8  
  
IDENTITY

9  
  
KEEPING FAMILIES TOGETHER

10  
  
CONTACT WITH PARENTS ACROSS COUNTRIES

11  
  
PROTECTION FROM KIDNAPPING

12  
  
RESPECT FOR CHILDREN'S VIEWS

13  
  
SHARING THOUGHTS FREELY

14  
  
FREEDOM OF THOUGHT AND RELIGION

15  
  
SETTING UP OR JOINING GROUPS

16  
  
PROTECTION OF PRIVACY

17  
  
ACCESS TO INFORMATION

18  
  
RESPONSIBILITY OF PARENTS

19  
  
PROTECTION FROM VIOLENCE

20  
  
CHILDREN WITHOUT FAMILIES

21  
  
CHILDREN WHO ARE ADOPTED

22  
  
REFUGEE CHILDREN

23  
  
CHILDREN WITH DISABILITIES

24  
  
HEALTH, WATER, FOOD, ENVIRONMENT

25  
  
REVIEW OF A CHILD'S PLACEMENT

26  
  
SOCIAL AND ECONOMIC HELP

27  
  
FOOD, CLOTHING, A SAFE HOME

28  
  
ACCESS TO EDUCATION

29  
  
AIMS OF EDUCATION

30  
  
MINORITY CULTURE, LANGUAGE AND RELIGION

31  
  
REST, PLAY, CULTURE, ARTS

32  
  
PROTECTION FROM HARMFUL WORK

33  
  
PROTECTION FROM HARMFUL DRUGS

34  
  
PROTECTION FROM SEXUAL ABUSE

35  
  
PREVENTION OF SALE AND TRAFFICKING

36  
  
PROTECTION FROM EXPLOITATION

37  
  
CHILDREN IN DETENTION


38  
  
PROTECTION IN WAR

39  
  
RECOVERY AND REINTEGRATION

40  
  
CHILDREN WHO BREAK THE LAW

41  
  
BEST LAW FOR CHILDREN APPLIES

42  
  
EVERYONE MUST KNOW CHILDREN'S RIGHTS

43-54  
  
HOW THE CONVENTION WORKS

# CONVENTION ON THE RIGHTS OF THE CHILD

Calling all student photographers! This month, we invite you to capture the magic of the festive season in our **Christmas Photography Competition**. Whether it's sparkling lights, cosy winter moments, or joyful holiday celebrations, this is your chance to showcase your creativity and photography skills.

### How to Enter

- Submit your best Christmas-themed photo by **6th January**.
- Email your entry to **bassantl@thehowardschool.co.uk**.

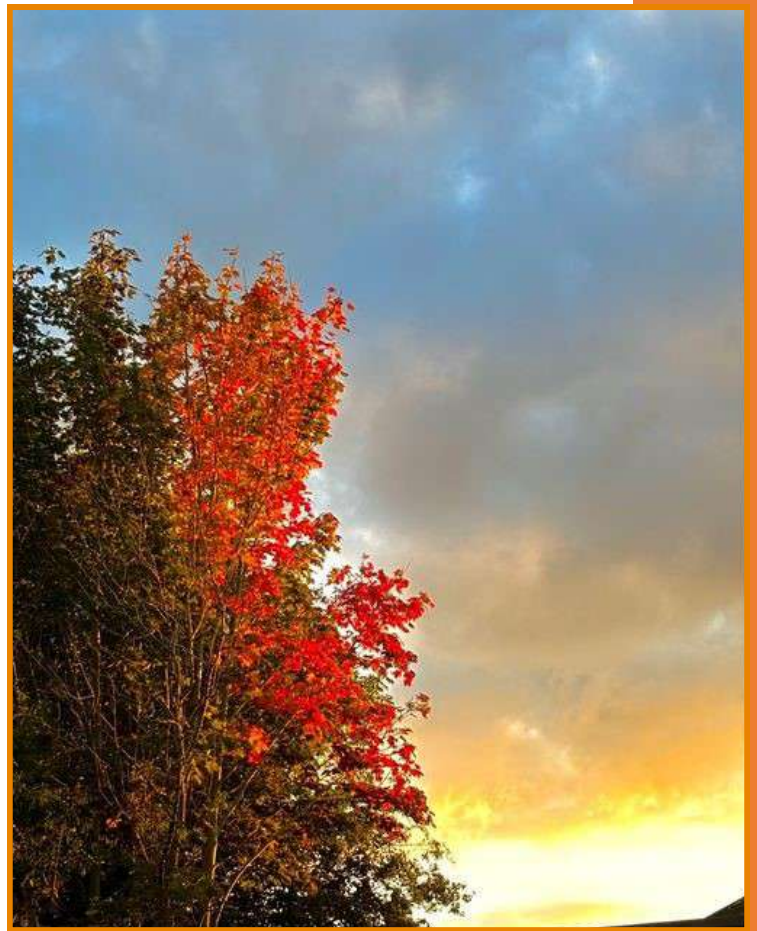
### What's at Stake?

The winning photo will be proudly featured on our **school's social media** and in the **next school newsletter!** It's a wonderful opportunity to show off your talent and share the festive spirit with the entire school community.

So, grab your camera or phone and start snapping! We can't wait to see how you capture the beauty and joy of Christmas.

Let your creativity sparkle — good luck!

And look at these 2 amazing photos that have been submitted winners during the past couple of months!





A WHOPPING

94%

of our students would  
recommend The Howard  
School to their friends

Term 2 Student Survey (25/11//24)





## Applications Closed: Photographer Ambassador Programme

We are thrilled to announce that applications for our Photographer Ambassador Programme are now officially closed. The response has been absolutely overwhelming, with an incredible display of talent and enthusiasm from students across the board.

The selected students have now been awarded their **Photographer Ambassador badges**. These badges not only signify their achievement but also make them easily identifiable as part of this prestigious initiative. As ambassadors, they will be taking on an exciting role to represent and inspire through their photography, bringing fresh creativity and vision to the programme.

The programme aims to nurture budding photographers, providing them with unique opportunities to showcase their skills and develop their talents further. With their badges proudly displayed, the ambassadors are ready to embark on this journey, capturing moments that resonate and inspire.

To all who applied, we want to extend our heartfelt gratitude. Your enthusiasm and passion for photography have been truly inspiring, and we encourage you to keep honing your craft. For those who missed out this time, there will be more opportunities in the future, so keep an eye out for upcoming announcements.

Stay tuned as we share updates, projects, and highlights from our new Photographer Ambassadors in the weeks to come. We can't wait to see the creativity and passion they'll bring to the programme.

Thank you for being part of this exciting journey!





# CHRISTMAS GIFTBAG APPEAL

Help us make Christmas a little brighter for those who need it most  
Fill a giftbag with useful items and small gifts for the homeless

**1** FIND AN EMPTY GIFTBAG

**2** MAKE YOUR BAG LOOK CHRISTMASSY

Please label clearly whether for a man or woman, adult or child.

**3** FILL IT WITH USEFUL GIFTS

**Suggested items to include:**

Hat, gloves, scarf, boxers, socks (thermal if poss), shampoo, comb, shower gel/body wash, toothbrush, toothpaste, deodorant, lip balm, tissues, wet wipes, torch (pref wind up type), note pad, pens, pencils, playing cards, chocolate, sweets, cereal bars, toys, teddy

**4**

**DROP OFF YOUR BAG TO MAIN RECEPTION**

Please arrange for drop off by Friday, 13th December



# GOLDEN TICKET

During each lesson, our students have the opportunity to receive a Golden Ticket. This Golden Ticket can be received for going 'above-and-beyond' during the lesson. These Golden Tickets are collected in our Main Reception and a portion of the ticket is also taken home so parents/carers can recognise this immense achievement as well.

The tickets are collected in boxes in each of the students Houses and tallied at the end of the academic year. The House that collects the most gets points added to the House Championship total for their House as they compete for the Laurel Cup.

But it doesn't stop there!

At the end of the academic year, all of the Golden Tickets will also be collected by Year Group where a Prize Draw will take place. Each year group were asked what they would like the opportunity to win, and the prizes by year group are listed below. The more Golden Tickets each student receives, the greater their opportunity is to win! Good luck!

## Year 7



£200 bike

2 x £100  
Amazon  
Vouchers



Year 8

\*voted for 2 winners

## Year 9



£200 JD  
Voucher

£200

Amazon  
Voucher



Year 10

## Year 11



PlayStation 5

*This initiative would not be possible without the support from our good friends at 'Camfil'.*



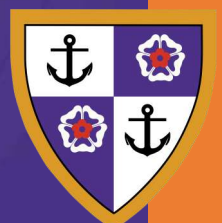
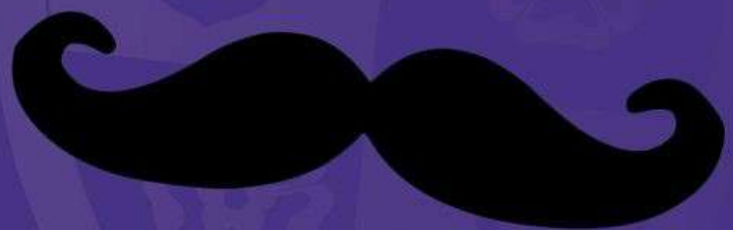
As November comes to an end, our amazing Movember team has done a fantastic job growing their moustaches! From Mr Dunn to Mr Cooper, they've all worked hard to raise awareness and funds for an important cause. We're so proud of their efforts and can't wait to share the final photos of their moustaches!

We're also thrilled to share some exciting news – together, we've raised over **£750** for *Pancreatic Cancer UK*! This money will help fund important research and support people who are affected by this illness. A huge thank you to everyone who has donated so far – your kindness and generosity have made a real difference.

This cause is very special to us because we're doing it in memory of Mr Mark Humphrys, a much-loved teacher and colleague we sadly lost to pancreatic cancer a few years ago. By taking part in Movember, we're honouring his memory and helping others.

Movember is also a time to think about our mental health. Talking about how we feel is really important, and this challenge has helped us remind everyone that it's okay to share our thoughts.

There's still time to help! If you'd like to donate, please visit our [JustGiving](#) page. Thank you for your incredible support!



At The Howard School, we're always keen to hear what you think, and this term's student voice initiative gave us loads of great feedback. We started by chatting with Form Captains for Years 7-10 during the week of 18th November. Then, on 25th November, Mr. Hillier met with Year Leads, Deputy Year Leads, and Sixth Form Leads to keep the conversation going. We also sent out an online survey to all students and parents or carers, and 291 of you took the time to respond – thank you!

Here's what you told us: an amazing 94% of you would recommend The Howard School to others, which we're so proud to hear! Lots of you love our rewards system, too. Department Certificates made 65.9% of you feel proud, Golden Tickets were a hit with 82.4%, and Reward Stamps got a thumbs-up from 67.8%. We also heard that 83.2% of you find teacher feedback really helps you improve, and tools like Knowledge Organisers (KOs) and Knowledge Retrieval (KR) are making a big difference in lessons and independent study. Plus, the Purple Zone challenges are doing just what they're meant to, with 82.8% of you saying they push you to do your best.

There were some things you'd like us to work on, too. Toilets came up as an area for improvement, so we're excited to share that the Head has approved a big refurbishment project set to happen over the summer. As for phones, we heard your idea about 'phone zones' during breaks and lunch, but for now, we're sticking to the rule of no phones on site. Sixth Formers told us they'd like to be more involved in rewards; we're happy to announce that from Term 3, Sixth Formers will have their own rewards stamp booklet to join in the fun! Students also asked for Homework Planners and I'm pleased to report that we're looking at a way of making this something that students can opt to purchase should they wish to– and making sure they're fit for purpose! And finally, students asked for lockers. As much as we would love to be able to arrange for this, our corridors just are not wide enough to facilitate this at the moment. That said, The Howard School is due for a rebuild and if the DfE can create room for lockers in the new building plans, then we can relook at this.

We loved reading your comments, too. One of you said, "The Howard School is well organised and set out. I've enjoyed my time here and am excited for the years to come." Another wrote, "I really like the certificates sent home with teachers' comments so I can show my family my achievements." Hearing how much you value these moments is what drives us to keep improving.

We've shared all of your feedback with the Senior Leadership Team, and we're working hard to make the changes you've asked for. Thank you for helping us make The Howard School an even better place to learn and grow!



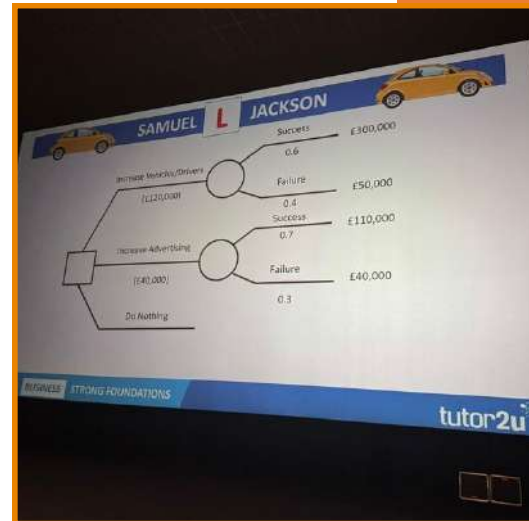
Yesterday, our Business students swapped the classroom for the buzz of Westfield Stratford to attend an exciting workshop run by Tutor2u. The event was all about boosting exam confidence, brushing up on key skills, and having a bit of fun along the way.

The workshop covered a range of activities designed to make exam prep more interactive and engaging. From quick-fire quizzes to group challenges, it wasn't your average study session! Students got stuck into learning how to tackle tricky questions, sharpen their timing, and structure top-notch answers that can score maximum marks. Whether it was revising key topics or picking up brand-new tips, there was something for everyone.

It wasn't all hard work, though! The workshop created a lively, energetic atmosphere that made the day feel more like an experience than a lesson. "It didn't even feel like studying," one student said. "We got so much done, but it was actually fun!"

The location at Westfield Stratford added to the excitement. After the workshop, there was even time to explore a little and soak in the buzz of one of the UK's biggest shopping centres. For many, the day wasn't just about learning—it was also a chance to bond with classmates and take a well-earned break from the usual school routine.

A massive thank you to Tutor2u for hosting such a brilliant event. It's safe to say everyone left feeling more confident and motivated to tackle their exams. Here's to putting those skills to good use in the months ahead!



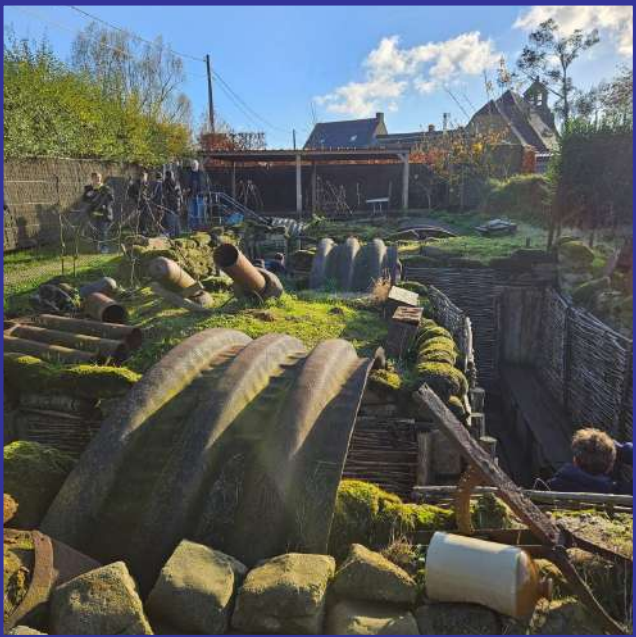
# BUSINESS



This weekend, a group of our students set off for a History trip to Ypres, Belgium, and so far, it's been an unforgettable experience! They've been walking in the footsteps of soldiers from the First World War, visiting some of the most important historical sites in the area, and gaining a real insight into life on the Western Front.



The trip kicked off with a visit to the Hooge Crater Museum, where students explored reconstructed trenches. These trenches are an incredible reminder of the harsh conditions soldiers endured, with the British trenches lined with corrugated iron and the German trenches made of wood preserved in the blue clay. Standing in these spaces brought history to life in a way no classroom could!



A major highlight so far has been the visit to Tyne Cot Cemetery, the largest Commonwealth War Graves Commission cemetery in the world. Here, students reflected on the sacrifices made during the war and saw the thousands of headstones marking those who lost their lives. It was a moving and eye-opening experience that helped put the scale of the conflict into perspective.



The students have been fully immersed in the trip, soaking up every detail about the history of the Ypres Salient and asking great questions along the way. This hands-on experience has really deepened their understanding of the war and its impact on the world.





# Meet Your Head of House



Mr. Edwards

Ms. Samuels

Ms. Anglin

Mr. Dunn

Ms. Mulrooney



ATTENBOROUGH



HAWKING



ATTENBOROUGH



HAWKING



PANKHURST



TULL



TURING



PANKHURST



TULL



TURING



# 10 Top Tips for Parents and Educators ENCOURAGING CHILDREN TO CHOOSE RESPECT

Sometimes, differences between children can escalate into bullying, potentially impacting their mental health in a way that can persist into adulthood. While it's natural to disagree sometimes, teaching children the importance of respect is essential – especially in difficult situations. This guide provides strategies for encouraging considerate behaviour, even during a dispute, to foster a kinder, more inclusive environment for everyone.

## 1 LEAD BY EXAMPLE

As adults, we play a crucial role in modelling respectful behaviour for children: they observe and learn from our actions every day. Be mindful of the way you interact with others in front of children. Keep in mind that you should always approach others with an attitude of mutual respect, even if you disagree with them. Demonstrating this behaviour can influence young people and help them to handle their own conflicts in a healthy way.

## 2 AGREE TO DISAGREE

Make sure children know that it's fine to have differing opinions – and that disagreeing with someone doesn't mean you can't get along or respect each other's point of view. Help them understand that sometimes we can 'agree to disagree', using active listening skills when doing this can also help to build empathy and understanding of others.

## 3 PROMOTE ACTIVE LISTENING

Teach children about the importance of active listening: that is, making a genuine effort to listen to the other person's perspective without interrupting, before responding in a way that shows you understand their viewpoint, even (or perhaps especially) if you disagree with it. This makes people feel respected and allows for a better comprehension of their point of view, which in turn can make it easier for you to communicate your own opinions to them.

## 4 ENCOURAGE THE USE OF "I" STATEMENTS

If a child finds themselves in a disagreement with someone, it can be useful to encourage them to use "I" statements during the discussion. Framing their thoughts and feelings using statements like "I feel..." or "I think..." can help them avoid an accusatory tone and encourages them to take responsibility for their own emotions.

## 5 FOCUS ON BEHAVIOUR, NOT CHARACTER

When disagreements happen, encourage children to focus on critiquing and addressing the specific actions or behaviours that caused the upset, rather than attacking the person's character. For example, "I didn't like how you interrupted me" is better than "You're so rude". This can help children avoid hurting someone's feelings, which is likely to inflame the situation.

## 6 STAY CALM AND TAKE BREAKS

It's perfectly normal to feel upset during a disagreement – especially if it's getting heated. Remind children that if they feel overwhelmed, they should try to take deep breaths or even go for a short break to help them stay composed. If a conversation becomes too intense, remind them it's OK to suggest continuing it later or in a different setting. This can prevent things getting out of hand, allowing cooler heads to prevail.

## 7 START CONVERSATIONS ABOUT RESPECT

Talk openly to children about what respect means – to you and to them. Discuss how they might show respect to each other, to friends, to strangers and even to people we might disagree with. You could use examples of considerate or inconsiderate behaviour in books, films or TV to open discussions about the importance of giving others due regard.

## 8 SEEK COMMON GROUND

When a disagreement has occurred between children, they may find it hard to move past it. You can support them in finding a more positive way forward by helping identify areas of agreement or common ground with the other party. This can help to build bridges between differing opinions and foster a more cooperative atmosphere, as well as preventing those involved from demonising each other.

## 9 AVOID MAKING THINGS PERSONAL

It's important that we make it clear to children they must avoid name-calling, swearing or derogatory remarks in a disagreement with others. Respectful language sets a positive tone and helps keep the conversation productive. Reminding children to stay calm and take breaks – as mentioned previously – can help them avoid getting too emotional and saying or doing something hurtful.

## 10 REFLECT AND LEARN

After a child has had a disagreement, encourage them to reflect on the experience and think about what they can learn from it. What did they handle well? How might they improve their communication skills to handle conflicts more effectively in the future? You could use role play, writing and drawing pictures, or hypothetical examples to further develop their skills in showing respect during a disagreement.

## Meet Our Expert

The Anti-Bullying Alliance (ABA) co-ordinate Anti-Bullying Week each year. ABA is a unique coalition of organisations and individuals, working together to achieve their vision to stop bullying and create safer environments in which children and young people can live, grow, play and learn. They welcome membership from any organisation or individual that supports this vision and support a free network of thousands of schools and colleges.



The National College

Source: See full reference list on guide page 31

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# PE @ The Howard School



**Our student of the week for last week**



This weeks student of the week as nominated by Mr Halsey is... OF Year 9. OF has made a brilliant start to his Year 9 journey and is always one of the first ones to finish his work, ask on how to improve it and showing a real positive attitude towards each lesson he attends. OF has also shown a real commitment to his practical lessons and helping the PE Dept with Open evenings and other events where possible.

## What are we currently offering as extra curricular?

Monday	Tuesday	Wednesday	Thursday	Friday
KS4 Intervention	Year 8 Training 	Rugby Year 9 	Boxing All years 	Basketball Years 11 - 13 
Football Years 7 - 9 	Gym Years 10 - 13 	Gym Years 10 - 13 	Rugby Years 7 & 8 	Gym Years 10 - 13 
Gym Years 10 - 13 		Basketball Years 7 & 8 	Basketball Year 9 & 10 	
		Table Tennis All Years 	Gym Years 10 - 13 	



# PE @ The Howard School



Last week in pictures





# PE @ The Howard School



Last week in pictures





# PE @ The Howard School



Results and up coming fixtures

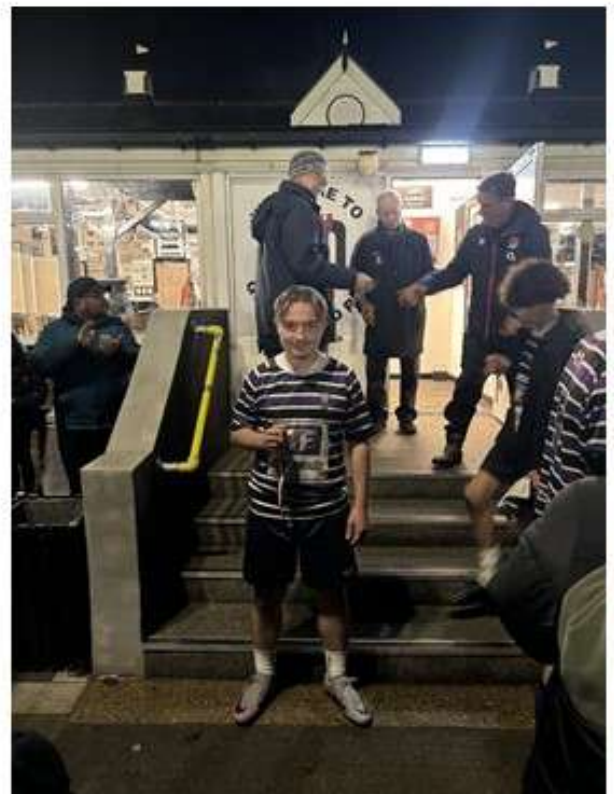


## First taste of Rugby for our Yr 7 side.

Our newly formed Yr 7 side had their first taste of Rugby in a Howard shirt against a Greenacre side mixed with Year 7 and 8s. In a game of only counting how many try's had been scored Greenacre went away with a 6 – 4 win. However the Howard showed real promise for the future with courageous runs and tackling. A fantastic effort for their first game in cold and icy conditions! Onwards and Upwards! UTH!

## Year 9 Rugby Final Upset

After a successful Kent Shield competition our Year 9 boys made it to the final at Gravesend Rugby Club against a powerful Norton Knatchbull. After sustained early pressure from NK, we saw ourselves 12 – 0 down. The boys showed great character and courage to then turn the game on its head leading 14 – 12 after a storming try by LK who ran  $\frac{3}{4}$  of the pitch AND GOT QUICKER! With the final play of the game, KN grabbed a shield winning try, winning the game 17 – 14. Great effort for the boys and an unforgettable experience for some! The team will re-group and go again as this team has real promise including some players who hadn't experienced competitive Rugby until this year. UTH





# PE @ The Howard School



## Results and up coming fixtures



### Year 10 Cup v St John Fisher

Our Yr 10 football team travelled to St John Fisher for their next fixture and walked away with a convincing win taking the tie 8 – 3. The boys were 4 – 0 at HT but conceded 2 quick goals early in the second half. The boys slowly found their rhythm and restored their margin. Goals from MM, SG, RB and special mention to JC with a hat trick.

### Year 9/10 Basketball v HGS



A tough visit towards the coast to play Harvey Grammar School saw our boys walk away with a Loss. The boys are still finding their feet in a competitive league and developing that sense of team identity and that desire to win. The hard work in training will pay off with lots of potential within the side. We go again Howard.

**THE HOWARD SCHOOL**

**Upcoming Fixtures for THS Teams**

	Wednesday 27th U19 B'ball v NTC	
	Wednesday 27th 7 F'ball v Bullers Wood	
	Thursday 28th Yr 7 Rugby v LAR	

Catch our newsletter in the coming weeks to see how all of our teams get on  
kickly.net



# PE @ The Howard School



Calling all Students in Yr 10 and above!  
Gym Club is open every night after school 3pm  
- 4pm in our brand new fitness suite!



Come up on a Wednesday after school to have your induction with Mr Cooper. You will then be provided with a Gym Membership Card and you can use the gym after school every night of the week!



# PE @ The Howard School



## Calling all Students, Parents and Guardians

We are always on the look out for kit donations. If you have any of the following at home that are old, don't fit or you simply don't use, we would love to add them to our spare kit selection.



- Trainers
- Astroturf trainers
- Football Boots



- Old PE Kit (Shorts, Polo, Purple Tops, Blue Jumpers)



Please feel free to drop them into the PE office or hand to your PE teacher





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