



The Howard School

Newsletter

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

welcome



Mr. Green
Deputy Principal

One of my favourite roles at The Howard School is welcoming new students, whether they are local or come from countries around the world. We are fortunate to have a diverse student body, and each new arrival brings something unique to our school community. This always makes me reflect on the journey my grandfather made when he moved to the UK from the Island of St Helena in 1949 as a Royal Engineer. His experience as someone new to the country has influenced how I view the importance of helping others feel at home in a new place.

Welcoming students is crucial in creating a positive and inclusive school environment. A warm, supportive welcome can make all the difference in how a new student feels. It helps them feel valued and comfortable, which eases their transition into a new academic and social setting. When students feel accepted and supported, they are more likely to succeed, both in their studies and in making meaningful connections with their peers. By embracing the diversity that new students bring, we foster an environment where everyone feels like they belong.

I am proud when I see how well our students welcome new arrivals. They will always make sure new students feel included, whether through introducing them to others, showing them around the school, or simply offering a friendly smile. It's heartening to see how our students take the initiative to make newcomers feel comfortable, creating an atmosphere of kindness and support. This sense of community is essential for helping new students adjust to their surroundings and build lasting friendships.

The importance of inclusion cannot be overstated, and at The Howard School, we are committed to fostering a welcoming environment where everyone can thrive. By embracing and celebrating the diverse backgrounds and experiences of our students, we ensure that each individual is given the opportunity to succeed, not only academically but also socially and emotionally. This culture of acceptance enriches our school and strengthens the bonds between all members of our community.

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



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

Scan Me



MR S GREEN

Vice Principal
Designated Safeguarding
Lead

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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

We are thrilled to share that The Howard School attended the prestigious **Green School Awards 2024** last week at the Ashford International Hotel! This incredible event recognises schools, students, and staff who are leading the way in environmental action, and we were honoured to be among the winners this year.

Our success is thanks to the hard work and dedication of our **Eco Ambassadors**, a passionate group of students who have taken on sustainability challenges with creativity and determination. From promoting recycling initiatives to raising awareness about climate change and reducing waste across the school, their efforts have made a lasting impact on our community and beyond.

The awards ceremony was a fantastic opportunity to celebrate the achievements of young environmental leaders. Our students proudly represented the school, sharing a short video that highlighted their project and the difference it has made. Their enthusiasm and commitment were clear to everyone in attendance, and we couldn't be prouder of the way they shone on this important stage.

Being recognised at the Green School Awards is a testament to the incredible work happening across our school to promote sustainability and protect our planet. We extend our heartfelt congratulations to our Eco Ambassadors for this well-deserved recognition and thank everyone who has supported their efforts along the way.

Stay tuned as we continue our journey to inspire change and make a positive impact on the environment!





We are asking for a £1 donation that will be given to the school's chosen charities

CHRISTMAS JUMPER DAY

Friday, 20th December



We're thrilled to announce that on **Friday, 20th December**, The Howard School will be hosting a **Christmas Jumper Day** as part of our non-uniform day! Students and staff are encouraged to wear their favourite festive jumpers to help spread some Christmas cheer.

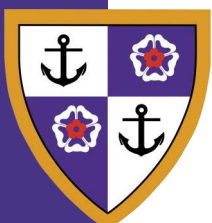
To participate, we kindly ask for a **£1 donation**, which will go to one of our school charities. Donations will be collected in **cash** at the school gates as students arrive.

If a student arrives in non-uniform without their donation, we will take the following steps:

- They will have the opportunity to contact home for someone to bring the payment to school, if viable.
- Alternatively, they may return home to collect the money or change back into their school uniform.
- If neither option is possible, they will be loaned a school uniform for the day by the **Pastoral Team**.

We understand that financial circumstances can vary, and if any student wishes to participate but requires support, we encourage them to speak to a member of the **Pastoral Team**, who will be happy to help.

We look forward to seeing the school community in their festive attire and celebrating this fun event together while supporting a worthy cause.



B.R.A.V.E Service!

Building Resilience and Validating Emotions

B.R.A.V.E provides short-term therapeutic support to help children and young people in Medway navigate challenges such as low mood, anxiety, emotional dysregulation, and self-harming behaviours.



Therapies we offer:

- ⇒ Dialectical Behavioral Therapy (DBT)
- ⇒ Cognitive Behavioral Therapy (CBT)
- ⇒ Creative Therapy

We also offer:

- ⇒ Workshops for children and young people, parents/caregivers and professionals
- ⇒ Peer support groups

We support children and young people aged 5–18, and up to 25 for those with SEN needs or who are care leavers, including those not attending school or educated outside of school.

To find out more or, make a referral scan the QR code or contact our team at:

braveservice@northkentmind.co.uk



House Events

Term 2



Spelling Bee

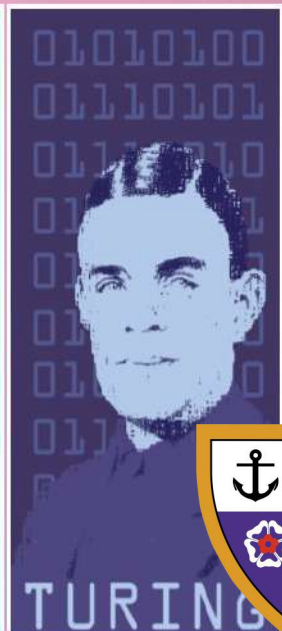
- Year 7 - 10th December
- Year 8 - 9th December
- Year 9 - 4th December
- Year 10 - 3rd December
- Year 11 - 2nd December
- Year 12/13 - 5th December



- 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

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RESPECT FOR CHILDREN'S VIEWS

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SHARING THOUGHTS FREELY

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FREEDOM OF THOUGHT AND RELIGION

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SETTING UP OR JOINING GROUPS

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PROTECTION OF PRIVACY

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ACCESS TO INFORMATION

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RESPONSIBILITY OF PARENTS

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PROTECTION FROM VIOLENCE

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CHILDREN WITHOUT FAMILIES

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CHILDREN WHO ARE ADOPTED

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REFUGEE CHILDREN

23

CHILDREN WITH DISABILITIES

24

HEALTH, WATER, FOOD, ENVIRONMENT

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REVIEW OF A CHILD'S PLACEMENT

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SOCIAL AND ECONOMIC HELP

27

FOOD, CLOTHING, A SAFE HOME

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ACCESS TO EDUCATION

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AIMS OF EDUCATION

30

MINORITY CULTURE, LANGUAGE AND RELIGION

31

REST, PLAY, CULTURE, ARTS

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PROTECTION FROM HARMFUL WORK

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PROTECTION FROM HARMFUL DRUGS

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PROTECTION FROM SEXUAL ABUSE

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PREVENTION OF SALE AND TRAFFICKING

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PROTECTION FROM EXPLOITATION

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CHILDREN IN DETENTION

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PROTECTION IN WAR

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RECOVERY AND REINTEGRATION

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CHILDREN WHO BREAK THE LAW

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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

The festive season is upon us, and our school canteens are ready to celebrate with delicious treats and exciting Christmas dinners! Starting **Tuesday 3rd December**, students can enjoy **Festive Specials** daily in both the Main Canteen and the Year 7 Canteen.

This year's **Main Christmas Dinners** will be served on the following dates:

- **Years 8–13:** Wednesday 11th December in the Main Canteen.
- **Year 7:** Monday 16th December in the Year 7 Canteen.

Festive Specials will run alongside these events, with:

- The **Main Canteen** offering seasonal treats until **Wednesday 11th December**.
- The **Year 7 Canteen** continuing its festive offerings until **Monday 16th December**.

Tickets for the Christmas Dinners are now available for pre-order at £4.52 per head.

- **Years 8–13:** Order by **Monday 9th December**.
- **Year 7:** Order by **Thursday 12th December**.

FSM students are warmly invited to join the celebrations.

We're excited to bring some Christmas cheer to our students with these festive meals and themed days. Don't forget to book your tickets and join us in making this season a memorable one!



What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

WHAT ARE THE RISKS?

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go, let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signal to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

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



This week, our school has been buzzing with excitement as students from all year groups have taken the stage to compete in our Spelling Bee competition. With the event running throughout this week and into next, it's a wonderful opportunity for students to showcase their spelling skills, build confidence, and earn points for their Houses.

The competition kicked off with Year 11 on Monday, where students impressed the audience with their knowledge of increasingly difficult words. Year 10 followed on Tuesday, bringing energy and determination to the Main Hall as they tackled challenging rounds. Each round became progressively harder, testing not only their spelling abilities but also their ability to stay calm under pressure.



To help them along, participants could ask for a word's definition or hear it used in a sentence, but ultimately it was their focus and preparation that saw them through. The atmosphere has been electric, with classmates cheering on their Housemates and celebrating their efforts.



This event isn't just about competition; it's about celebrating the power of language and the importance of literacy. The Spelling Bee has been a fantastic way to unite the school community and encourage students to push themselves outside their comfort zones.

We look forward to seeing Years 7, 8, and 9 take to the stage in the coming days. Well done to everyone who has participated so far—you've done yourselves and your Houses proud!





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'.



Last week, 23 Year 10 students had the amazing opportunity to visit Kent University for a day filled with fun, learning, and inspiration.

The day kicked off with some hands-on workshops, where students put their maths and science skills to the test by creating their own sports energy drinks! They had to carefully calculate the right ratios to make the perfect recipe, learning just how important precision is in science.

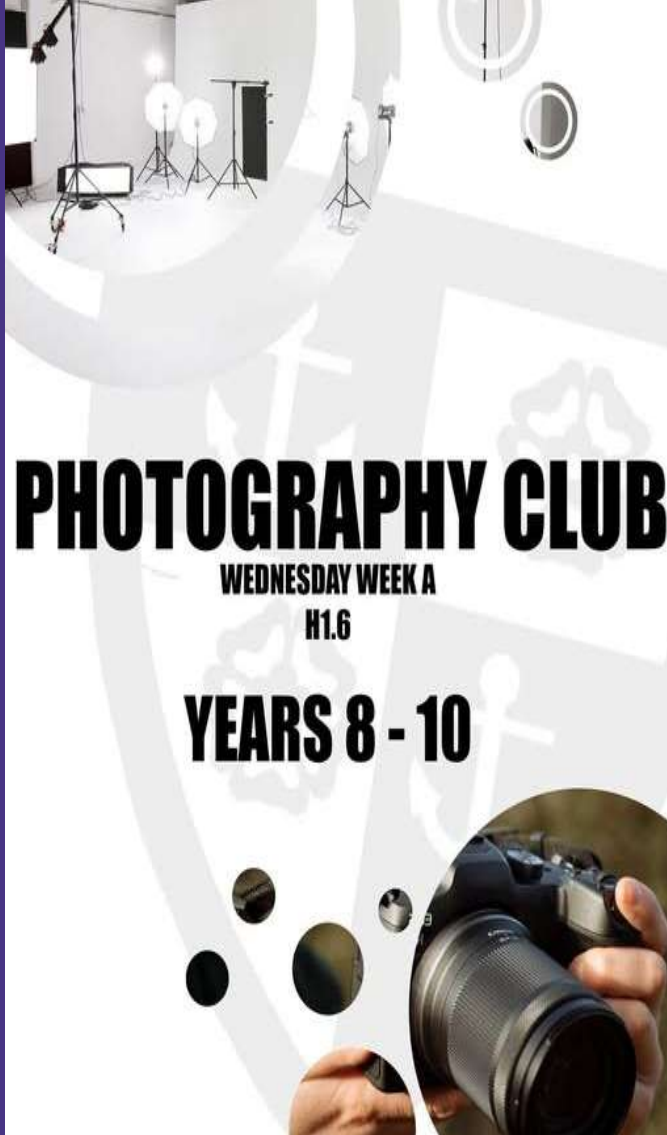
Next, they discovered the exciting career of a **performance analyst**, a job that combines sports and data. Students applied their new knowledge by analysing a netball game, learning how professionals use stats and strategy to help athletes improve.

The highlight of the day was touring the university's state-of-the-art sports facilities. One of the most fascinating areas was the **heat and altitude environment chamber**. This high-tech room is used by top athletes to train in conditions that mimic high-altitude or hot environments, helping them prepare for competitions all over the world.

The visit was a fantastic chance to see how subjects like science and maths are used in real-world sports careers, and it left many students feeling inspired about their future. It was a day of discovery, teamwork, and a glimpse into what university life could be like.

Well done to all the students who participated – you represented our school brilliantly!





PHOTOGRAPHY CLUB

WEDNESDAY WEEK A
H1.6

YEARS 8 - 10



History Club

Wednesday week A and B

H2.1
3-4 PM
Mr Clarke

Our school is buzzing with exciting opportunities to get involved, and we're thrilled to highlight two amazing clubs this term: the **History Club** and the **Photography Club**!

The **History Club**, led by the ever-inspiring Mr Clarke, meets every **Wednesday after school** in **H2.1**, from **3:00 PM to 4:00 PM**. It's your chance to delve into the stories that shaped our world, from ancient civilisations to modern revolutions. If you love uncovering the mysteries of the past, this club is perfect for you.

For the creatively inclined, the **Photography Club** is where you can explore your artistic side and develop your skills behind the lens. With a focus on capturing moments and telling stories through photos, it's an incredible way to express yourself and create something unique.

A special shoutout to the **Photography Club** for designing the stunning posters advertising both clubs! Their creativity shines through every detail, making these posters a true work of art. Don't forget to check them out around school—they're unmissable!

Whether you're drawn to history or photography, or both, these clubs are the perfect way to learn, connect, and have fun. Why not join in and make your mark?



House Points



JR | 58hp



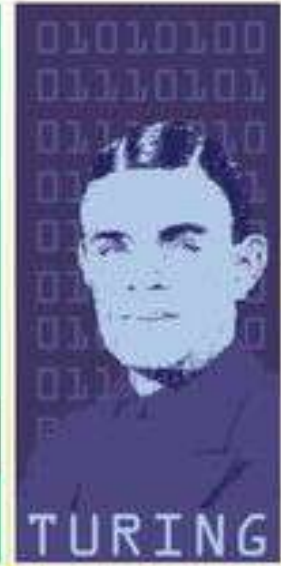
MZ | 68hp



AK | 59hp



J-JC | 57hp



IN | 68hp

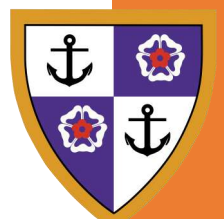


We are thrilled to celebrate the achievements of our top 5 students who have earned the most House Points this term. These students have demonstrated exceptional effort, commitment, and enthusiasm, and they are fantastic role models within our school community.

House Points are awarded to students for a variety of positive contributions, including academic excellence, outstanding homework, showing kindness and respect, participating in extracurricular activities, and embodying our school's core values. Every point they earn not only rewards their individual efforts but also contributes to their House's overall success.

To our top achievers, congratulations! Your dedication is inspiring, and your hard work truly makes a difference. To everyone else, there's still plenty of time to climb the leaderboard – every effort counts!

Let's keep striving, supporting one another, and making our Houses proud. Together, we can achieve even greater things!





Over the past two days, our Year 7 students have had the opportunity to immerse themselves in creative writing workshops, and the results have been amazing! These sessions allowed students to explore a variety of writing styles, including **blackout poetry**, **genre writing**, and **character development**.

The blackout poetry sessions were especially popular. Students used newspapers and magazines to create powerful poems by blacking out words and phrases to reveal hidden messages or themes. It was incredible to see how creative everyone could be with just a page of text and a marker!



In our genre writing activities, students were encouraged to try their hand at different types of stories, from gripping mysteries to thrilling adventures. Many discovered new genres they enjoyed writing in and even came up with ideas for future projects.

Character development was another highlight, as students created detailed backstories and personalities for their characters. Some even acted out their creations, bringing their characters to life in imaginative ways.



A huge thank you goes out to parents and carers who sent in newspapers and magazines for us to use. Your contributions helped make these workshops a great success.

We are now busy compiling a collection of the students' work to celebrate their creativity. Keep an eye out for this special showcase—it's sure to impress!

Well done to all our Year 7 students for their enthusiasm and imagination during these workshops. We can't wait to see how you build on these skills in the future!





Meet Your Head of House



Mr. Edwards

Ms. Samuels

Ms. Anglin

Mr. Dunn

Ms. Mulrooney

ATTENBOROUGH



HAWKING

DEEDS NOT WORDS



PANKHURST



TULL



TURING














Howard School

Our student of the week for last week



This weeks student of the week as nominated by Mr Cooper is.... DM Year 9. DM has demonstrated a brilliant attitude in his coursework at Year 9. He has navigated a tricky start to a course with real resilience and determination to achieve as best as he can. His work has been a joy to read aswell!

What are we currently offering as extra curricular?

Monday	Tuesday	Wednesday	Thursday	Friday
KS4 Intervention	Year 8 Training 	Rugby Year 9 	Boxing All years 	Basetball 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



A round up of what our year groups have been focusing on this half term!

Our year 7 groups have really impressed us since joining in September. They have already covered so many sports and activities! Special mention goes out to 7H2 PE class as they have been excellent this half term!



What have the 7s been covering?

H band

Groups have been exploring 2 different sports/activities this half term with the first half of their double lesson focusing on 'Health Related Fitness' covering key components of fitness such as ranging from Aerobic Endurance to Speed testing each. As well as developing their basketball ability focusing on key skills that underpin the sport and applying them to game like situations

O band and W band

Have been exploring the world of Rugby! For some their first experience of Rugby and what a memorable one it has been! Freezing cold conditions, horrendous rainy conditions and lots of rolling around the mud! Tackling technique, Rucking, passing and key evasion skills have been the focus of the term.





PE @ The Howard School



A round up of what our year groups have been focusing on this half term!



Our Year 8s have been developing on key skills that were embedded in Year 7 – Re-visiting sports but further developing performance as well as understanding of the game.



What have the 8s been covering?

All groups in year 8 this half term have been outside enjoying the elements, battling through cold and wet conditions whilst remaining focused on Rugby. It has been a tough half term for the year group in PE because of the conditions but the resilience shown by the groups has been extremely impressive. Their willingness to get wet and muddy, their ability to catch a ball with near on frozen hands has been admirable and from watching the development of key skills, the year group have had a blast. Competitive games have been in full swing as we have progressed through the term and the boys have shown no fear. Special mention to Mr Saunderson's 8H1 class who, when I observed, were playing as if they were in a cup final. Impressive passes, great runs and heavy tackles throughout the game I watched.



PE @ The Howard School



A round up of what our year groups have been focusing on this half term!



Our Year 9s. At year 9, our PE journey changes slightly with the boys able to choose pathways for the year. At the start of the year they had a decision to make. What kind of pathway would they like to follow for the year ahead. Would it be a team based route or a more individual, personal development route.

This is what the groups have been up to.

Group 1 & 2

These were the boys who chose to go down a more team based route have been outside battling the conditions whilst exploring Rugby and Invasion style games. Teachers of these groups have been developing the students performance within rugby whilst promoting some of our key values within the department. Leadership has been at the top of the list, with individuals holding a position of responsibility within their team each week ranging from being a warm up coach to a drill coach to being a score keeper or a referee.

Group 3

This group opted for an individual performance route. This group have been put through their paces with their lessons solely focusing on Fitness – They have explored fitness training methods, fitness testing and have been lucky enough to make use of our brand new fitness suite.



PE @ The Howard School



A round up of what our year groups have been focusing on this half term!



Group 4

This is our mixed group, with elements of team activities as well as individual activities. This half term they have been enjoying a lesson of Table Tennis and a lesson of Volleyball. Developing types of shot within the sports and understanding shot selection and how it can positively impact their performance and increase their chances of winning matches.

Group 5

This is our 'alternative' group and pathway that allows students to explore some activities that you may not see on a typical PE curriculum. The purpose behind this pathway is to allow an inclusive curriculum for students who enjoy alternative sports or for students who want to come away from the 'traditional' school sports. They have been focusing on Street Surfing and parkour/gymnastics. Just wait for the photos for what Street Surfing is.





PE @ The Howard School



Our Exam Groups!

Year 9s

These groups have seriously impressed! The quality of work that we have seen from these classes has been great! Work beyond their years. The boys have been busy evaluating their performance from their Outdoor and Adventurous Activity that they completed back in October. Highlighting their strengths and weaknesses as well as demonstrating a real understanding of the Physical, Social and Mental benefits of exercise.

Year 10s

Again, another impressive year for the 10s so far. These boys have moved onto their new unit of work, focusing on Practical Performance within 2 sports and similar to they Year 9s, the 10s have been busy identifying their strengths and weaknesses within their main sport and developing an understanding of how each strength and weakness has an impact on their performance.

Year 11s

Crunch time! The 11s have embarked on their exam content year. The boys have been busy completing the end of unit tests for Unit 1 of the course. They have explored the different types of 'User Groups' within sport, the barriers that can negatively influence an individual participating in sport and well as researching around 'emerging sports' within the UK.



PE @ The Howard School



Results and up coming fixtures



Rugby Success v Leigh Academy for our 7/8s

A great win for our boys in this fixture. For a side that is still coming together and for a side that has so many students that want to play, they have impressed so far and from the sideline it was a great watch. Some big tackles, great ball handling and strong running saw us win 7-4 in tries. Special mention to NT and EM Yr 7 who really shined.



Year 7 v Bullers wood

The unbeaten run continues for our Year 7 2nd XI. After a strong 5-1 win in the previous fixture they were held to an evenly fought 1-1 draw away to Bullers Wood School. The Howard boys had large spells of the game where they showed real control but they were faced by an industrious BW side who made it very difficult to break them down. JH was the goal scorer for THS with a brilliantly lobbed finish following an assist from TF. The Howard Boys gifted BW a goal to see them back in the game and that is how it ended. POTM goes to TF at RW who didn't put a foot wrong.



PE @ The Howard School



Results and up coming fixtures



Sixth Form v Northfleet Technology College

Our Sixth form Basketball team took the short trip up the A2 to Northfleet Technology College. Games against Northfleet are always entertaining as they are always a strong outfit. Our Sixth Formers always go into games confident as they are a very well disciplined and hard working side with real quality. Unfortunately the boys came away with a loss however some serious basketball to observe for the on lookers. Special mention goes to EO who played with real quality and ball handling skills that had the spectators cheering when he got the ball. Audacious attempts saw entertainment levels high with the confidence flowing. Will be a shame to loss these boys at the end of the year as I know they have been a pleasure for Mr Flack.





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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