



# The Howard School

## Newsletter

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

# welcome



**Mr. Hillier**  
**Assistant Principal**

Welcome to another newsletter!

I hope you have all had a lovely couple of weeks back at school.

This term, our interventions started for our examination classes; the attendance to these has been incredible. We know from previous cohorts that attendance to intervention sessions in the lead-up to exams can play such a huge part in ensuring that our students achieve the very best results that they can. Thank you to our parents and carers for their support with these sessions; it is greatly appreciated.

This week, our extensive clubs and extra-curricular activities also went on to Arbor for parents and carers to sign their children up to– our staff are offering over 30 clubs to our students, and we are extremely grateful to our staff for giving up their time to run these clubs. If you didn't manage to sign up your child to a club, please do speak with the main office who will be able to support.

This term, we have also launched the ever popular Duke of Edinburgh Award as well as a residential opportunity to do some hands-on charity work for those less fortunate than ourselves in Kenya with our friends at Camps International. It has certainly been a busy couple of weeks back!

This term is also all about Year 8 who are about to embark on their KS4 option choices; the process kicked-off this week with Year 8 Consultation evening with Year 8 Assembly and Year 8 Options Evening to follow this term as our Year 8 cohort make their choices from our extensive offer of 16 different subjects!

Thank you to everyone for your support with the school, and I hope you enjoy reading this edition of the newsletter.

This week, Year 8 students from 8H1 have been busy creating incredible Holocaust memorial artwork, now set to be displayed in libraries across Medway. Their thoughtful and creative projects honour the memory of those who suffered during the Holocaust while sharing powerful messages of hope for the future.

The students worked on three meaningful pieces:

**Holocaust Flames** – These flames represent the lives lost and serve as a powerful reminder to never forget the past.

**A Painting of Hope** – Filled with vibrant colours and symbols of resilience, this artwork sends a message of strength, courage, and hope for a better tomorrow.

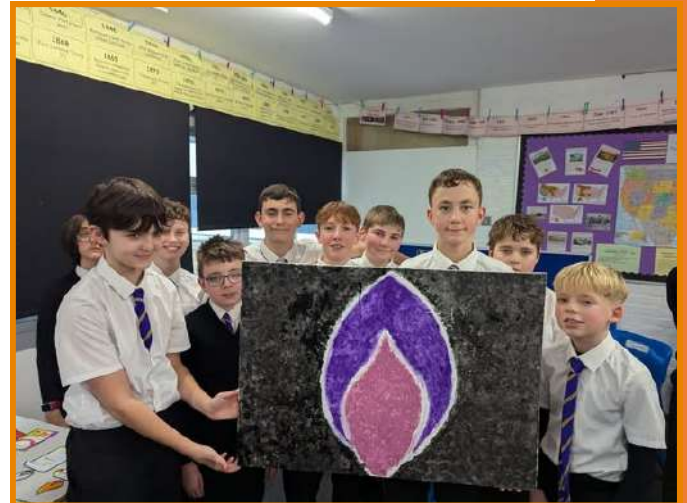
**Candles of Hope** – These delicate candles light the way for a kinder and more united world.

The project helped students explore the importance of remembering the Holocaust and learning from history to prevent such tragedies in the future. By sharing their artwork with the community, they hope to inspire others to reflect on the lessons of the past and think about how we can all work towards a future built on understanding and acceptance.

One student said: *"It felt really meaningful to create something that could inspire others. We wanted our work to show hope and remind people about why it's so important to be kind to one another."*

If you're near a library in Medway, take some time to see these amazing pieces on display. Let them inspire you to keep the flame of remembrance alive and work towards a brighter, more compassionate future.

Well done to 8H1 for their creativity, hard work, and dedication!





We are thrilled to announce that two of our fantastic Year 12 students have earned a place on a **once-in-a-lifetime exchange programme to Japan!** This incredible opportunity was open to students across all Medway schools, with just **four places available**—and we are so proud that **half of those spots went to students from our school!**

The exchange is a unique chance for our students to dive into Japanese culture, experience life in a completely different country, and represent our school on an international stage. From exploring historic landmarks and bustling cities to trying delicious

Japanese food and learning about their traditions, this trip is set to be an unforgettable experience.

What makes this achievement even more impressive is how competitive the application process was. Students had to showcase their passion, commitment, and ability to embrace new challenges to be considered. Our two successful applicants shone brightly among candidates from across Medway, proving that hard work, determination, and enthusiasm really do open doors.

The exchange is heavily subsidised, making it even more special, as it allows students to access a life-changing experience that's truly affordable. We're sure this trip will inspire our students to keep aiming high and exploring all the amazing opportunities the world has to offer.

We couldn't be prouder of their achievement and wish them all the best for their upcoming adventure. Stay tuned for updates when they return—we can't wait to hear all about their journey and see their photos!

Well done to both of you—you've made us and the school incredibly proud!





# 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



**MISS 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



**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

## Unleash Your Creativity: Enter the Tower Poetry Competition!

Are you a budding poet aged 16-18? Do you have a way with words and love to explore creative ideas? Then the **25th Christopher Tower Poetry Competition** is your chance to shine!

This year's theme is '**Roots**'. What does that mean to you? It could be about family, history, identity, nature, or something totally unexpected – it's up to you! Let your imagination run free and see where your words take you.

Here's why you should enter:

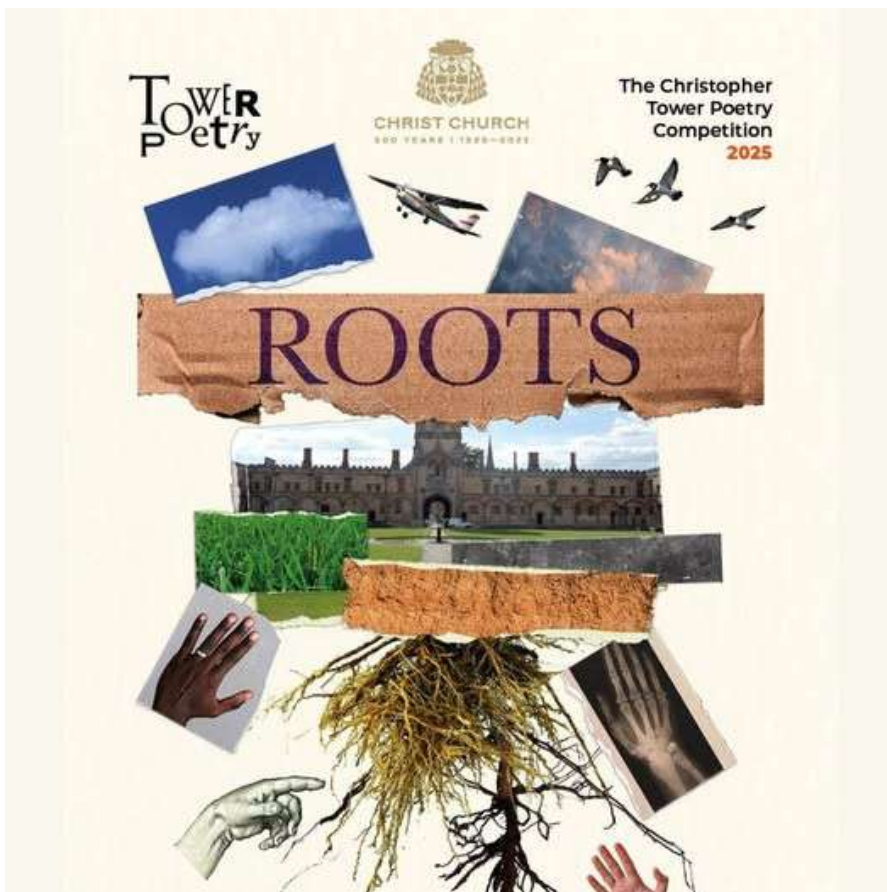
- **Amazing Prizes:** £5000 for 1st place, £3000 for 2nd, and £1500 for 3rd. Plus, 10 runners-up will each win £500!
- **Exciting Opportunities:** The top three winners will also be invited to attend the prestigious **Tower Poetry Summer School**, where you'll develop your skills alongside other young poets.
- **No Cost:** It's completely free to enter!

The competition is judged anonymously by guest judges and a Christopher Tower Student, so it's all about your poetry – not your name.

### How to get started:

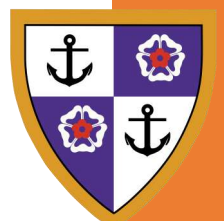
1. Think about the theme '**Roots**' and what it means to you.
2. Write a single, original poem that expresses your ideas and creativity.
3. Submit your entry before the deadline: **20th February 2025**.

If you're interested, or want to find out more, see **Mrs. Gower** – she's here to help!



This is an amazing opportunity to showcase your talent and represent The Howard School. Who knows – you might even bring home the top prize!

Get inspired, get writing, and show the world your poetic voice. We can't wait to see what you create!



# What Parents & Educators Need to Know about

# TIKTOK



## WHAT ARE THE RISKS?

Adults tend to associate online videos with YouTube – but among teens, TikTok is king. The app provides a stream of short clips tailored to users' interests, based on what they've already watched. Around half of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

### AGE-INAPPROPRIATE CONTENT



While TikTok's following feed only displays videos from familiar creators, for you is a collection based on a user's previously watched clips. Most of these videos will probably be inoffensive, but the app could potentially show something unsuitable. If children then engage with this content, more like it will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the huge number of uploads means that a small amount inevitably slips through.

### BODY IMAGE AND DANGEROUS CHALLENGES

According to Ofcom, most online harms for teens are body image related for girls. Generating unhealthy eating, body shaming and so on, and dangerous stunts for boys. Both are prevalent on TikTok. One extreme example of the latter was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. This led to two families filing lawsuits against TikTok over the tragic deaths of their children.

### IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase gifts for content creators. Coin bundles range from £0.99 to an eye-watering £99, while that may not sound appealing, the app still generated £2.3 billion in user spending in 2023. TikTok's policy is that under-18s can't make in-app purchases, but it's possible to bypass this with a fake birth date.

### CONTACT WITH STRANGERS



With more than 1.5 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-18s (or young people using a fake date of birth) are set to public by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and enables anyone to download or comment on them.

### MISINFORMATION AND RADICALISATION

Although the short videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but Ofcom reports that nearly a third of 12 to 15-year-olds use TikTok as a news source – so you should be wary of misogynistic, racist or conspiracy-themed material shaping how they see the world.

### ADDICTIVE DESIGN

With its constant stream of eye-catching videos, TikTok can be addictive to young brains. In 2024, US children spent an average of 127 minutes per day on the app, that's twice as much as in 2020. Excessive use can interfere with young people's sleep patterns – often leading to irritability – and distract them from other, healthier activities. The instantly skippable nature of bite-size videos may also impact children's ability to maintain focus.

## Advice for Parents & Educators

### ENABLE FAMILY PAIRING



Family Pairing allows parents to link their TikTok account to their child's, and control settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen-time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.

### DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure that they don't share any identifying personal information, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's also worth talking about misinformation and propaganda, and how to identify it.

### BLOCK IN-APP SPENDING

If a child is using an iPhone or Android device to access TikTok, you can alter their settings to prevent them from making in-app purchases. We'd recommend enabling this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.

### READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

### Meet Our Expert

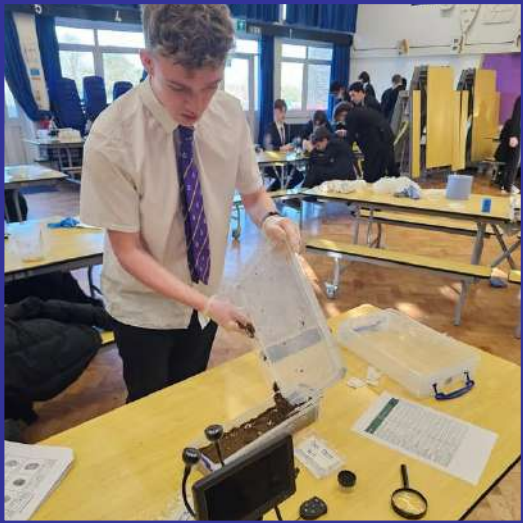
Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.





This week, our Year 10 students had the chance to become detectives for the day during an exciting STEM event held in the main hall. The scenario? A *murder mystery!* But don't worry, it was all pretend.

The challenge was simple: use forensic science and policing techniques to uncover who committed the crime. From examining fingerprints and analysing mysterious substances to creating casts of tyre tracks, the students had to piece together the evidence like real crime scene investigators.



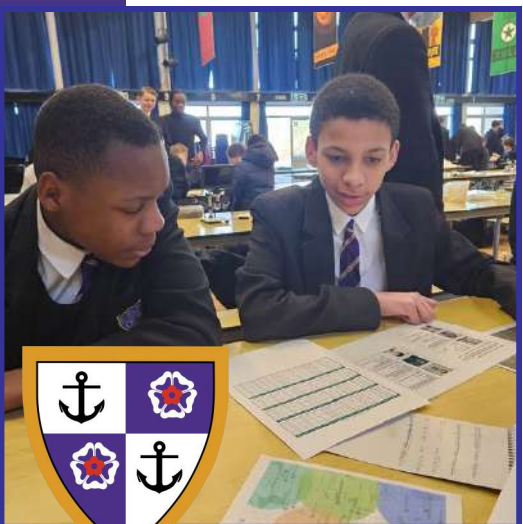
The day was filled with hands-on activities designed to put their problem-solving and teamwork skills to the test. Each group worked together to examine clues, brainstorm theories, and build their case. With every new discovery, the excitement grew as they got closer to identifying the "killer."

This immersive experience wasn't just about solving a mystery – it was also about showing how STEM skills apply in real-world careers. By blending science, technology, and detective work, students got a taste of what it might be like to work in fields like forensic science, criminology, or policing.



The event was a hit with everyone involved. Not only did the students learn a lot, but they also had a blast getting stuck into the role of detectives. Some even admitted they'd never realised how fascinating science could be until they saw it in action like this!

A huge thank you to everyone who helped organise such an amazing day. It's safe to say we've inspired some future scientists and investigators!

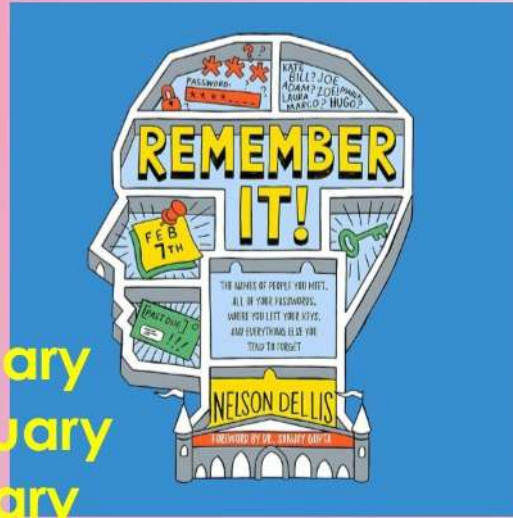


Well done, Year 10 – you cracked the case!



# House Events

## Term 3



Year 7 - 28th January  
Year 8 - 13th February  
Year 9 - 5th February  
Year 10 - 4th February  
Year 11 - 27th January



Year 7 - 22nd January  
Year 8 - 29th January  
Year 9 - 4th February  
Year 10 - 11th February

### HOUSE ROWING

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



ATTENBOROUGH



HAWKING



PANKHURST



TULL



TURING

# Photography Competition!

This month's theme is:  
**Winter**

**Deadline 14th  
February**



Every month, we set a photography challenge to a theme. To participate, please send your photographs in JPEG format to

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

The successful photography will be featured on our social media page and in our school newsletter.



A huge congratulations to **GB**, the winner of our **Christmas Photography Competition!** Your festive photo perfectly captured the magic of the season, and we are excited to feature it on our school's social media and in the next newsletter. Well done!

We'd also like to thank everyone who participated – the creativity and effort shown in all your entries was truly inspiring.

Looking ahead, we're excited to announce next month's theme: **Winter**. Whether it's snow-covered landscapes, frosty mornings, or cosy moments, we can't wait to see how you capture the beauty of winter. Keep an eye out for more details on how to enter!

Stay creative, and good luck to everyone!



1  
-18  
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



The Howard  
School

# Hire our facilities

Scan to book



- Table Tennis Centre
- Sports Hall
- Grass Pitches
- Gymnasium
- Dance/Drama Studios
- Changing Rooms
- School Hall/Classrooms

**Opening Hours:**

Mon to Fri: 16:30 - 22:00

Sat: 08:00 - 23:00

Sun: 08:00 - 20:00

**To Book**

[www.howard.schoolhire.co.uk](http://www.howard.schoolhire.co.uk)

## Year 7 & 8 Boys Take Gold at the Indoor Athletics Competition!

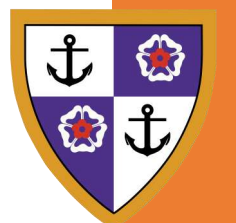
What an incredible achievement! Our Year 7 & 8 boys absolutely dominated the **Secondary School Indoor Athletics Competition** last week, bringing home the WIN after outstanding performances in both the **Track and Field** events.

From the very start, our athletes showed what they were made of, giving their all in every race, jump, and throw. Their hard work, dedication, and team spirit were on full display, and it was clear that they had trained tirelessly for this moment. Whether it was speeding down the track or smashing personal bests in the field, each of the boys played a vital role in securing the win.

While every athlete deserves a massive shoutout for their effort, we have to give a special mention to **KW, FE, and JS**, who stood out for their exceptional performances. They showed brilliant technique, focus, and determination, and were key to our success on the day. Well done, lads!

This victory wasn't just about the medals—it was about teamwork, sportsmanship, and the drive to succeed. The boys supported each other throughout the event, encouraging their teammates, celebrating every achievement, and pushing each other to do their best.

We are so proud of all of our athletes and can't wait to see what they achieve next. Keep up the amazing work, Year 7 & 8! You've set the bar high, and we're excited to see what's next for you all.





# 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'.*



Thursday  
20th Feb

19:00 - 20:00  
FREE



## FREE SESSION

### Supporting Healthy Screen Use

A range of steps that can help minimise the harms from screens

Monday  
3rd Feb

10:00 - 11:30  
£24



### Supporting a Child with ADHD

Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday  
11th Feb

19:00 - 20:30  
£24



### Facing Defiance

Specific strategy to help parents manage defiant and challenging behaviour, especially aimed at ADHD, ODD and PDA conditions, 5 to 12 years old.

Tuesday  
18th Feb

19:00 - 20:30  
£24



### Cannabis & Ketamine Awareness

Get the facts and know the harms about these two drugs so you can hold an informed conversation with your teens.

Tuesday  
25th Feb

19:00 - 20:30  
£24



### Understanding the Teenage Brain

A 'must see' for all parents and teachers of teens and pre-teens. Explains why teens think, feel and behave very differently from adults and how we can support them.



# 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

The Howard School

# ONE WEEK REMAINING TO APPLY





Mr. J Johal - Principal  
[johalj@thehowardschool.co.uk](mailto:johalj@thehowardschool.co.uk)  
01634 388765 ext. 3004