



The Howard School

Newsletter

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

Welcome



Mr. Cooper
Head of PE

Dear all,

Today marks a very special and personal challenge for me. I am taking on a **43-mile run** in memory of my brother, Russ, who sadly passed away from a heart attack at the age of 43. This challenge is my way of honouring his memory and raising awareness about the importance of looking after our health.

The day started early, with a 3am run from my home to school – around 20 miles in total. It was heartwarming to be greeted at the gates by staff and students offering their encouragement, and I am incredibly grateful for your support. Throughout the school day, I'll be covering additional miles during breaks and alongside some of our students before running the 20 miles back home after teaching.

This effort is a reminder that no matter how busy life gets, we can and should make time to prioritise our health and well-being. I hope it inspires others to reflect on their own habits and to join me in the **43-mile challenge** this January.

Whether you run, walk, swim, or row, the aim is to intentionally set aside time for your physical and mental health.

Today also sees the release of **The Howard School Weekly Newsletter**. This week's edition includes further details about this initiative, along with other exciting updates from across our school community. I encourage you to take the time to read through it and celebrate the fantastic efforts of our students and staff.

For those who would like to take part in the challenge, it's simple: aim to complete 43 miles this month. Spread it out in a way that works for you – perhaps walking to school, taking family strolls after dinner, or finding opportunities to be active with friends. When you complete your miles, please consider donating £1. Alternatively, you're welcome to make a separate contribution to the British Heart Foundation.

Thank you for your continued support and encouragement. Together, let's make positive changes for our health and well-being.

This week, we were delighted to welcome over 20 local employers to our school to conduct mock interviews with our Year 11 students. The event was a fantastic opportunity for students to experience what a real job interview is like and gain valuable feedback to help them prepare for future employment.

The participating employers came from a range of industries, offering students insights into different career paths and what employers look for when recruiting. Each student had the chance to sit down with an interviewer, answer questions about their skills, experience, and ambitions, and receive constructive advice on how to improve.

The feedback from both students and employers has been overwhelmingly positive. Students appreciated the chance to practice their communication skills in a professional setting, with many saying it boosted their confidence and helped them understand what they can do to stand out in a competitive job market.

Employers were impressed with the enthusiasm and potential of our Year 11s, commenting on how well they presented themselves and engaged with the process. They also offered helpful tips on preparing CVs, answering tough questions, and making a strong first impression.

We're incredibly proud of how our Year 11 students embraced this opportunity and showed themselves in the best possible light. A huge thank you to the local employers who volunteered their time and expertise to support our students—it truly makes a difference.

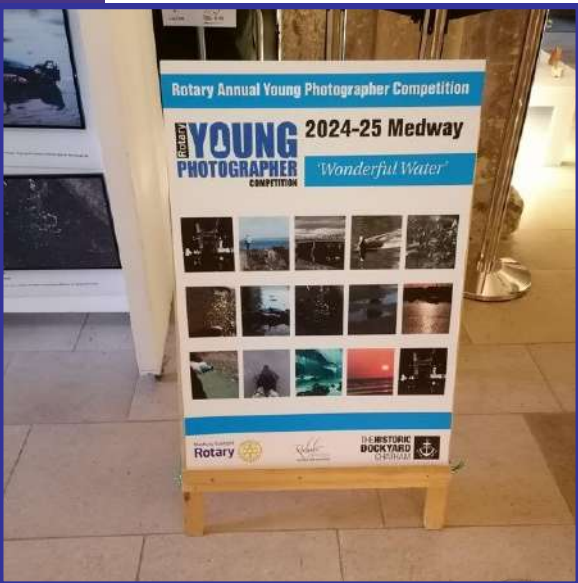
Events like this highlight the importance of preparing young people for the future, and we look forward to continuing to provide opportunities that help our students succeed.



THE HISTORIC DOCKYARD CHATHAM



We're thrilled to announce that OF, ES, and GB have successfully entered their amazing photographs into the "Wonderful Water" competition, organised by the Rotary Club. This exciting competition is all about showcasing creative talent through the theme of water, and our students' submissions are sure to impress!



If you'd like to see their work in person, the exhibition kicks off at **The Crypt in Rochester Cathedral** from **17th to 31st January**. Following that, the display moves to **The Historic Dockyard in Chatham** from **12th to 28th February**. Both locations offer a unique and inspiring setting to appreciate these outstanding pieces of art.

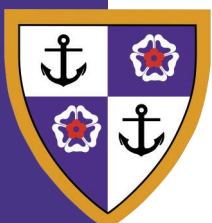


The competition will be judged in mid-February, with prizes and certificates being awarded to the most deserving participants. It's a fantastic opportunity for our students to gain recognition for their creativity and hard work.

We encourage everyone to visit the exhibition to support our students and to see the talent on display. Whether you're an art enthusiast, a budding photographer, or just looking for something new to enjoy, this event is not to be missed.

Let's celebrate the creativity and dedication of OF, ES, and GB, and wish them the best of luck in the judging! We're incredibly proud of their achievements and can't wait to see how far they go in this competition.

Make sure to take a break from your studies to explore the exhibition—you might leave feeling inspired to pick up a camera yourself!





OUR SAFEGUARDING TEAM

Principal Mr J Johal

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

This week, we're reflecting on the amazing Holocaust memorial artwork created by the talented students in 8H1. Their thoughtful and creative pieces are now on display at Chatham Library, with more to be seen at Twydall and Rainham libraries.

The students worked on three powerful projects:

- **Holocaust Flames:** A striking piece to remember the lives lost and ensure their memory is never forgotten.
- **Painting of Hope:** A vibrant artwork symbolising strength, resilience, and optimism for a brighter future.
- **Candles of Hope:** These delicate candles represent unity and the hope for a kinder world.

Having their work displayed in public libraries gives the students a chance to share an important message with the community. These artworks encourage everyone to reflect on the past, remember the importance of kindness, and consider how we can all help build a better future.

One student explained: "We wanted to create something that would inspire people to think about how we treat one another and why it's so important to learn from history."

Visitors to Chatham Library have already been moved by the thoughtful displays, and those who visit Twydall and Rainham libraries will have the opportunity to see even more of this important work.

Well done to 8H1 for their creativity, compassion, and dedication to sharing such a powerful message. If you're near any of these libraries, take some time to visit and reflect on their incredible artwork. It's a project that truly makes us proud.



What Parents & Educators Need to Know about HEALTH & FITNESS APPS

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks: this guide outlines some of these concerns and explains how to use fitness apps safely.

WHAT ARE THE RISKS?

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 10-year-old, for example, will have different physical needs to a child of 12. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including names, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can encourage users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing: it's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

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.



Sources: See full reference list on guide page at <https://nationalcollege.com/guides/wellbeing-fitness-apps>

A massive thank you to all the parents and carers who joined us for last week's Year 8 Parent Consultation Evening. It was a fantastic event filled with lots of positive conversations about the progress and achievements of our Year 8 students.

The evening gave everyone a great opportunity to reflect on how far Year 8 has come this year and to set exciting goals for the future. It was brilliant to see parents,

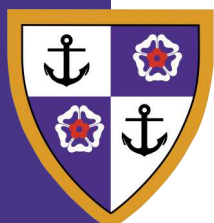
carers, and teachers working together to support our students in achieving their very best.

One highlight from the evening was the incredible feedback we received in our survey. A staggering 98% of parents who attended said they would recommend The Howard School! This amazing result shows just how much faith our families have in the work we're doing to support our students' education and personal growth.

We're so proud of the commitment and effort our Year 8 students have shown so far this year. The support from families plays such a huge part in this success, and we're so grateful for the time and effort you put in to help us create the best possible experience for everyone.

Thank you once again to all the parents and carers who took the time to attend and for sharing such positive feedback. Your support means everything, and we look forward to continuing to work together to make this year a great one for Year 8!

We very much look forward to welcoming our Year 11 cohort next week.

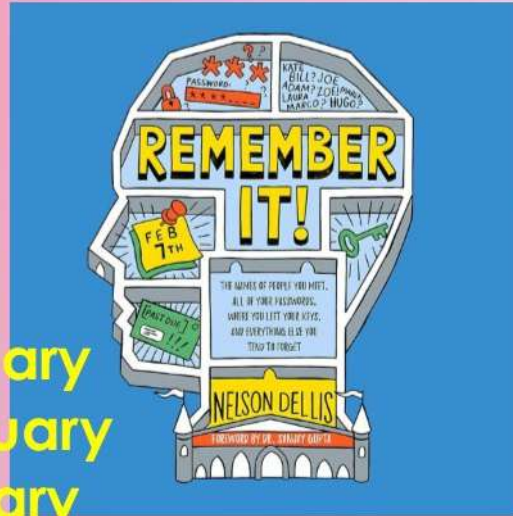


House Events

Term 3



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



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

At The Howard School, we are proud of the amazing things our students do every day. Whether you're helping others, being kind, learning new skills, or showing courage, your efforts make a difference. Now, there's a chance for you or someone you know to be recognised for going above and beyond.

The **Medway Young Citizens Award** is a new way to celebrate children and young people aged 7 to 11 (Year 3 to Year 6) who live in Medway or go to a Medway school. If you're under 16, you can still take part, but your parent, carer, or another adult will need to send in the nomination for you.

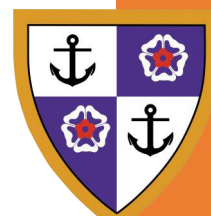
This award is for anyone who has made a positive impact in their school or community. It could be:

- Helping an elderly neighbour or caring for animals
- Standing up to bullying or supporting someone in need
- Clearing litter to help the environment
- Being a good friend or showing kindness
- Sharing or learning a new creative skill
- Showing courage or compassion in a challenging situation

If you know someone who deserves recognition, you can nominate them—or you can even nominate yourself!

Nominations for Term 2 open on **Monday 6 January and close on Wednesday 26 February 2025**. To nominate someone, send an email to childfriendly@medway.gov.uk or complete an online form. You'll need to include the name of the person, why they should be recognised, and which school or group they're part of.

We believe every one of our students has the potential to shine. Think about the great things you and your friends have done—this could be your chance to celebrate those achievements and inspire others!



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



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

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



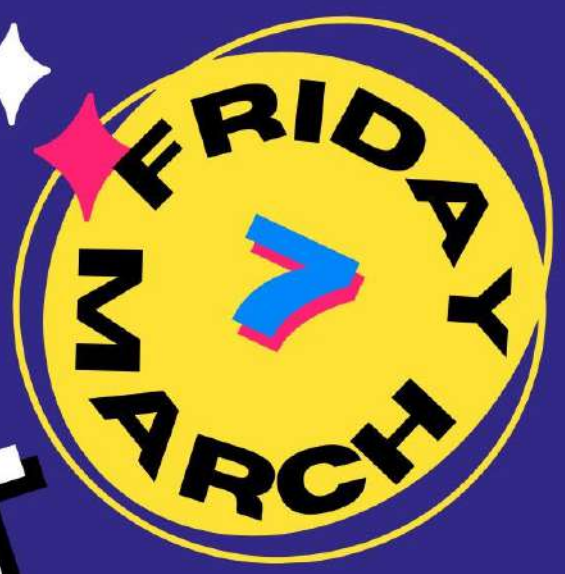
PlayStation 5

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





The Howard
School



QUIZ NIGHT

£5 PER TICKET

£50
GRAND
PRIZE!



TEAMS OF
MAX 6 PEOPLE

RAFFLE

FOOD & DRINK

TICKETS
AVAILABLE
HERE:



THE MAIN SCHOOL HALL

DOORS OPEN - 5PM
QUIZ STARTS - 6PM

LIMITED NUMBER OF TICKETS - BE QUICK!



PE @ The Howard School



Class of the week for last week










7H2



Mr Halsey has nominated the class of 7H2 for this weeks shout out. Since starting at the beginning of Year 7 they have been an absolute pleasure to teach. They have shown great desire in trying to achieve their best, they have shown outstanding attitudes and in recent weathers, they have shown high levels of resilience. The boys work very well together and are able to collaboratively work to help each other achieve their best in each lesson. Shout outs go out to JO, BC & DM.

What are we currently offering as extra curricular?

Monday	Tuesday	Wednesday	Thursday	Friday
KS4 Intervention	Year 8 & 9 Football 	Rugby Year 9 	Boxing All years 	Basetball Years 11 - 13 
Football Years 7 	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



Recent Results



Indoor Athletics Success

Our Year 7&8 boys won the secondary school indoor athletics competition in recent weeks. This event consisted of both Track and Field events that had been specially adapted to be conducted indoors. As a department, we were very confident in the team that we had selected as we have some very good athletes throughout the year groups. Impressive performances all round in both Track and Field events. Special shout out to all of the boys but standard outs were KW ; FE and JS.

Year 9 & 10 Basketball v UTC

A win for the basketball team. They walked away from UTC with a 44 – 42 win. A learning curve for the boys who had to dig deep to see the game out. They showed good character in doing this and will build for their next fixture. Well done boys!!





PE @ The Howard School



New Rewards System is a hit



Prize Entries are:

- 1-2 weeks out of 6 weeks of attending one PE club = 1 house point + 1 purple stamp per attendance.
- 3 weeks out of 6 weeks of attending one PE club = 1 raffle ticket + 3 Purple Stamps.
- 6 weeks out of 6 of attending one PE club = 2 raffle tickets + 6 Purple Stamps.
- 6 weeks out of 6 of attending two PE club = 4 raffle tickets + 12 Purple Stamps

	<h2>PE Reward Raffle Ticket</h2>	
	Name: _____	
	House: _____	
		



PE @ The Howard School



What might the rewards be?





PE @ The Howard School



Mr Cooper's Incredible Journey



43 Miles in 1 day

Mr Cooper on Friday 24th January completes his tough journey of running 43 miles in a day. His task was to run to school which is approximately 20 miles and then to do the same on the way home after completing a full days worth of teaching. His determination and drive is incredible and it was pleasing to see a selection of our Sixth Form students getting involved by running an impressive 6 Kilometres with him during the day! It is a great cause that Mr Cooper is running for and a cause that is close to his heart. All he asks in return is that you get active. Check out his fundraising page for the full story!



https://www.justgiving.com/page/run-for-your-life?utm_term=rvePXNyVj



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





Meet Your Head of House



Mr. Edwards

Ms. Samuels

Ms. Anglin

Mr. Dunn

Ms. Mulrooney



ATTENUBOROUGH



HAWKING



ATTENUBOROUGH



HAWKING



PANKHURST



TULL



TURING



PANKHURST



TULL



TURING





Mr. J Johal - Principal
johalj@thehowardschool.co.uk
01634 388765 ext. 3004