



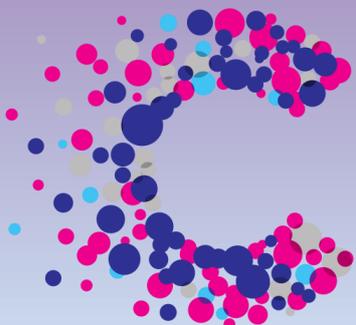
The Howard School

Newsletter

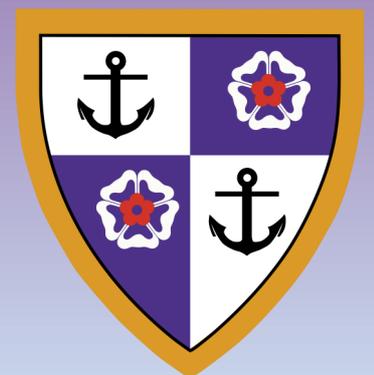
Leadership, Organisation, Resilience, Initiative, Communication

In this issue:

- ◇ Introduction by Assistant Headteacher Mr Dunn
- ◇ Student poster of Ramadan
- ◇ Student's cancer research charity campaign
- ◇ Young Writers: *Mission Catastrophe* competition and House Event
- ◇ GCSE Art update
- ◇ KS3 Drama lesson!
- ◇ Helping your child with maths—*Medway by Numbers*
- ◇ Muhyiddin School, Maldives
- ◇ Developing healthy sleep patterns
- ◇ THS Sports update
- ◇ Year 10 English Literature mock



CANCER
RESEARCH
UK



Welcome



Mr Dunn
Assistant Headteacher

Welcome to our latest version of the newsletter. It is an important time for our Year 11 cohort who worked extremely hard last week with their final set of mocks and await their results. I have personally seen how well they have conducted themselves during such a high pressure period of time and all of us at the Howard are very proud of them. This may be a time of nerves, but we are here to support them every step of the way and I am really excited to see how they get on in the summer. This is the final stretch for you to make it count!

Many of you will be aware of our unique Morning Meetings that I lead on for Years 7, 8 and 9 alongside Miss Mulrooney. Our twist on morning form time sees an entire year group gather in a communal space to complete knowledge retrieval or personal development sessions. I get the pleasure of leading many of the Year 9 morning meetings alongside Miss Jaiyeoba, Mr Doe and the Year 9 form tutors. We are seeing students make more progress than ever before and it ensures we have a calm and purposeful start to the day. It has also been great seeing the same positive starts to the day for our Year 7 and 8 teams when I get to join them occasionally.

I hope you all have a great week and I look forward to speaking to you next time.

RAMADAN MUBARAK

رمضان مبارك

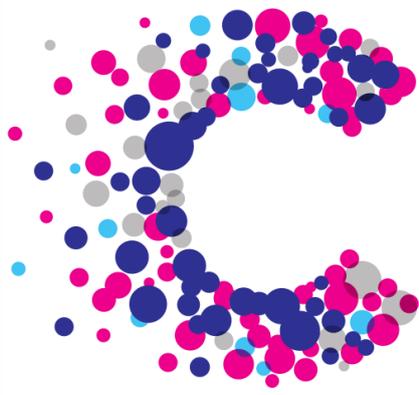
**A MESSAGE FROM TEAM RE
TO OUR MUSLIM STUDENTS AND COLLEAGUES
YOU ARE MOST WELCOME TO U23 FOR**

- PRAYER
- RESPITE

AT BREAK AND LUNCH

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





CANCER RESEARCH UK



Total raised
£972.00
+ £190.50 Gift Aid

97% of the £1,000.00 target



Fixing errors in DNA



Finding cancer's weakness



Providing cancer support



Hunting innovations

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



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



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

Young Writers
presents

SURVIVAL SAGAS



MISSION CATASTROPHE

CREATIVE WRITING COMPETITION FOR 11-18 YEAR-OLDS

IT'S THE END OF THE WORLD AS WE KNOW IT

▶ Win £25, a book series & a trophy!

▶ Opportunity to be published!

See this teacher for more information and inspiration:

WWW.YOUNGWRITERS.CO.UK

Hand in by:



MISSION CATASTROPHE

STUDENT INFORMATION GUIDE

Catastrophe hits. Chaos reigns...

Young Writers invites you to write a story in up to 100 words inspired by the theme of catastrophe. Will you write about a world-changing event or something on a much smaller scale? From earthquakes or tornados to lost items or missed appointments, the possibilities are endless. Will your catastrophe affect hundreds or even thousands of people, or ruin just one person's day? This is your opportunity to write a thrilling, dramatic tale.

Check out the fun video that introduces the activity: www.youtu.be/8G03nCJ-2_I

STORY STARTERS

You can use one of these to start or inspire your work

- I didn't mean for this to happen...
- "Breaking news, the Prime Minister has declared..."
 - Was I the only one left?
- "Emergency! Evacuation plan activated."
- Everything went dark...
- The thick smoke was choking...
- I was having the worst day ever...
- One text changed everything...

WHAT ARE THE JUDGES LOOKING FOR?

- An original storyline and characters
- A complete story with a satisfactory ending
- A story that provokes an emotion – amusement, sorrow, fear, anger, etc.
- Vocabulary that evokes imagery or atmosphere (but don't swallow the thesaurus!)
- A clever or unexpected twist or ending
- An unusual or unique use of a story prompt
- Clear narrative structure

To see some previous mini saga winners, go to www.youngwriters.co.uk/competitions/winners/ks3-4

IT'S EASY TO TAKE PART

1. Your teacher will give you an entry form to write your mini saga on, or a login link to your school's Online Writing Portal where you will type your entry.
2. Write your entry and your teacher will submit it!

PRIZES FOR STUDENTS

Our favourite 5 writers will each win £25, a book series and a trophy.



Plus every entrant receives a bookmark and everyone chosen for publication will receive a certificate of merit. There are also prizes for schools and your school will receive a free copy of the book their students feature in.

(Winners will be chosen from entries submitted in the Spring Term 2024 and announced the following term.)

GCSE ART @ THS

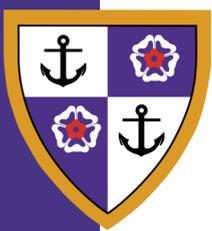
As the academic year progresses, we are thrilled to witness the dedication and creativity of our Year 11 Art students as they diligently prepare for their upcoming exams.

With their artistic flair and commitment to excellence, they continue to impress us with their boundless talent and passion.

With the Art exam fast approaching, our students have been immersing themselves in a whirlwind of creativity, exploring various mediums, techniques, and styles to express their unique visions. From intricate sketches to captivating paintings their works of art reflect their individuality and artistic growth throughout the year.

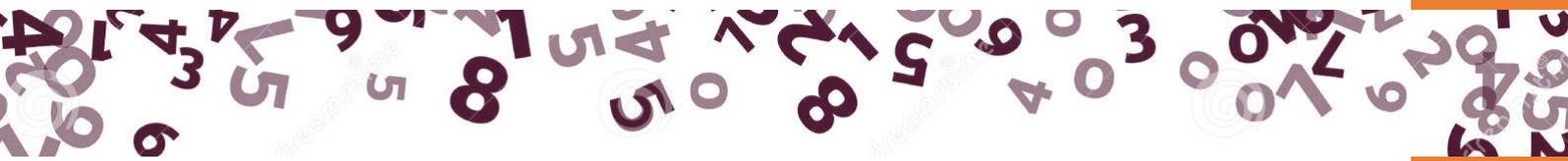
As we approach the exam period, we encourage our students to remain focused, stay true to their artistic voice, and trust in their abilities. Remember, the exam is not just a test of skill, but a celebration of creativity and self-expression. Embrace the opportunity to showcase your talent and let your passion shine through your artwork.

We commend you for your hard work, dedication, and unwavering commitment to your craft. Your resilience, creativity, and passion are truly commendable, and we have no doubt that you will excel in your exams and beyond.



This week in Drama, our year 8 students have been continuing their work on *Techniques* and this week's technique was **SLOW MOTION!**

In this scheme of work, students learn a variety of drama techniques such as multi-roling, narration, montage, flashback and narration. Alongside learning these techniques, students must apply their knowledge of drama and theatre to include their newly-learned technique into a scene both confidently and effectively using their honed analytical drama skills to evaluate their ideas and ensure they are incorporating their technique in the best way to help tell the story and create the desired meaning for their audience. Next week's technique is montage and we look forward to seeing what fantastic scenes our brilliantly creative students devise for us!



Medway by Numbers

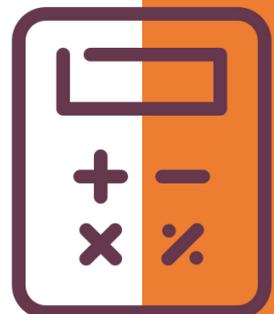
Do you want to be more confident and able to help young people with maths? Then this workshop is for you.

futureCoders CIC are running FREE 2 hour workshops for those people who would like to feel more confident with numbers. Our sessions have been designed around the context of air quality in Medway, which connects maths to locally relevant interests.

Various days and dates are available to book in Chatham throughout March and April, plus we are able to come to your area to run workshops at no cost to yourselves, our aim is to encourage as many parents and careers as possible to register their interest and learn.

The course has been designed to support those with dyslexia and/or dyscalculia and we have a dyslexia specialist helping us to develop the learning materials to be as dyslexia friendly as possible as well as supporting the workshops and their participants.

Click [here](https://bit.ly/air-stories) (full address: <https://bit.ly/air-stories>) to register and more information is available on the next page!





@futureCodersSE
nurturing coding talent through work experience

Medway by Numbers

Can data help paint a picture?

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

Join one of our 2 hour creative workshops

How many households per area?

How many are under-occupied?

How clean is the air?

How old is Medway's population?

How diverse is Medway's population?

Share some interesting stories and do some maths!

Register your interest



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

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

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

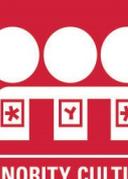
FOOD, CLOTHING, A SAFE HOME

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

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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

Have a concern about a student?

Need some help or advice? People you can talk to:



Pastoral Manager

Ms. McComas

Deputy Safeguarding Lead



Deputy Head Teacher

Mr. Green

Safeguarding Lead



Assistant Head Teacher SENCo

Mrs. Deakin

Deputy Safeguarding Lead



Senior Head of Year

Ms. Ali

Safeguarding Officer



Mrs. Parish

Safeguarding Officer



Senior Head of Year

Mr. Longe

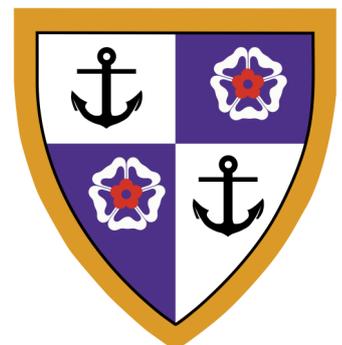
Safeguarding Officer

Have a concern you would like to raise or discuss?

Visitors: please email greens@thehowardschool.co.uk

Howard School Staff: report on our internal reporting system

Students: contact any member of the safeguarding team



01634 388765 | www.thehoward-that.org.uk | office@thehowardschool.co.uk

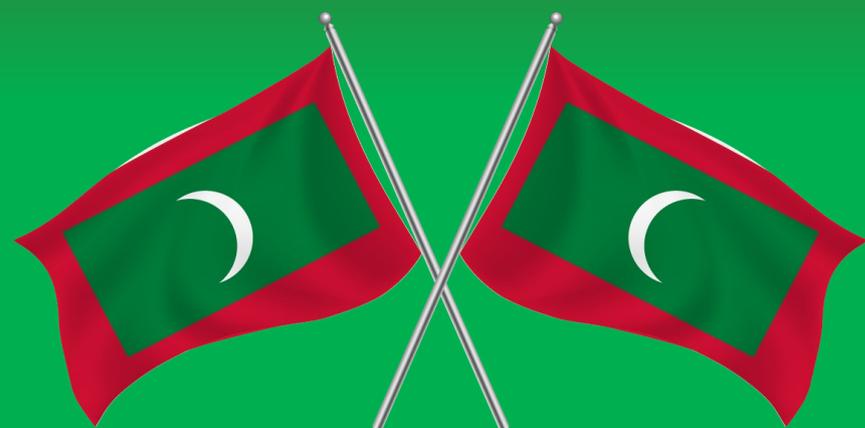
“Greetings from Maldives! I am pleased to say I had a wonderful visit to Muhyiddin School, including joining a parade all around the island for their 30th anniversary.”

This week, our friend and partner school liaison, Martin Potter, visited our partner school Muhyiddin School Maldives to celebrate their 30th anniversary and to discuss all aspects of our twinning programme with their head of school. This included our blogging pals initiative where students from both schools will be encouraged to chat away and share school and life experiences with someone who is more than 5,000 miles away!

Part of the partnership initiative is to raise awareness of sea level rise in Maldives and the devastating impact that this could have on their beautiful coastline. Mr Potter met with students who presented their findings and he was taken to see the impact of coastal erosion first-hand and spoke of how profound it was.

The Maldives is made up of around 1,200 small islands. Of the country’s 450,000 people, around half live in the national capital of Malé. The other half live on small islands dispersed across the archipelago. There are also around 150 luxury resort islands mainly inhabited by tourists and resort staff.

Beach erosion is commonly reported as the main environmental threat that the country faces. Beach erosion categorised by the government as “severe”, where land is being rapidly lost to the sea, is present today on most inhabited islands.



10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



What a thrilling day at the SSG Indoor Rowing event for our Year 7, 8, and 9 boys! They tackled the challenges with enthusiasm and determination, and the results were nothing short of impressive! Individual races showcased their skill and dedication, with our boys shining in their age groups. But it didn't stop there! In the relay races, teamwork took centre stage. Year 7s secured a solid second

SPORT at THS

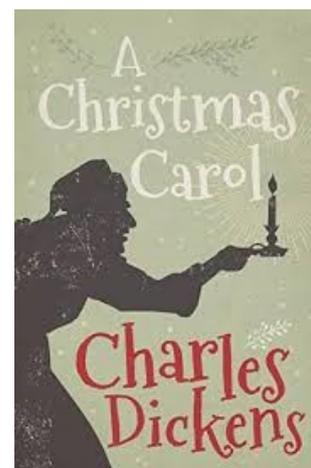
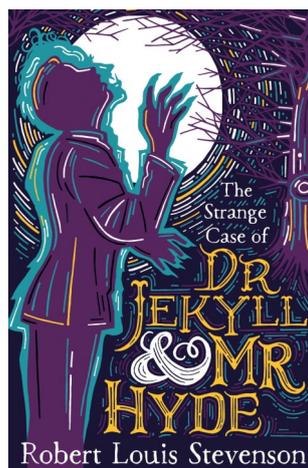
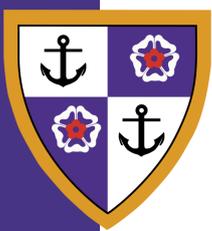


place, while Year 8 & 9 rowed with sheer determination, clinching victory! Today wasn't just about rowing; it was about learning the essence of teamwork, communication, and the rewards of hard work. Congratulations to our boys for their outstanding performance and the valuable lessons learned!



"What a game for our Year 7 football squad! They brought their A-game against Holcombe Grammar School, clinching a fantastic 7-1 victory! Outstanding teamwork and some jaw-dropping goals made it a match to remember! Shoutout to Fletcher for netting a hat trick, while Connor bagged two goals and Tate and Kayden each added one! With a perfect 5 out of 5 wins so far, they're on fire! 33 goals scored and only 2 conceded, this team is showing true dominance on the field! Keep it up, lads!"

We wish our year 10 cohort the very best of luck on the results of their recently-sat English Literature mock!





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