



# The Howard School

## Newsletter

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

# Welcome



It has been a busy few weeks in the Science Department, with plenty of opportunities for students to engage, explore, and prepare for the months ahead. Our focus has been on supporting Year 11 as they approach their public exams, ensuring they have every opportunity to consolidate their knowledge and build confidence. Our after-school intervention sessions are now in full swing, providing structured revision and targeted support. In addition, our DEAR-time intervention sessions on Tuesday and Wednesday lunchtimes have given students a valuable opportunity to reinforce key concepts in a focused environment.

Alongside our work with exam groups, we have also been delighted to host a number of STEM events recently, bringing science to life across the school. We hope our school community has enjoyed reading about these in recent newsletters and, even more importantly, that students have felt inspired to engage with science in new and exciting ways.

Looking ahead, one of the highlights of the school calendar is fast approaching—the **KS3 Science Fayre**. Students have been working hard in lessons to develop their projects, and we are already seeing some impressive ideas taking shape. This event is always a fantastic showcase of creativity, problem-solving, and scientific thinking, and we look forward to seeing the final results.

For those with a love of animals, don't forget that **Animal Club** runs every **Week B Thursday after school for Years 7-13**. This is a fantastic opportunity for students to get hands-on experience caring for our wonderful residents—**Annie the corn snake, Yoshi the spotted gecko, Chyna the bearded dragon, and Britney the axolotl**. From feeding to cleaning and general care, it's a great way to learn about animal husbandry and get involved in something a little different.

As always, we would like to thank our students for their enthusiasm and dedication, particularly those working towards their exams. We are proud of the effort and commitment they continue to show. We look forward to an exciting term ahead and to celebrating the achievements of our young scientists.

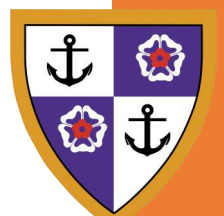
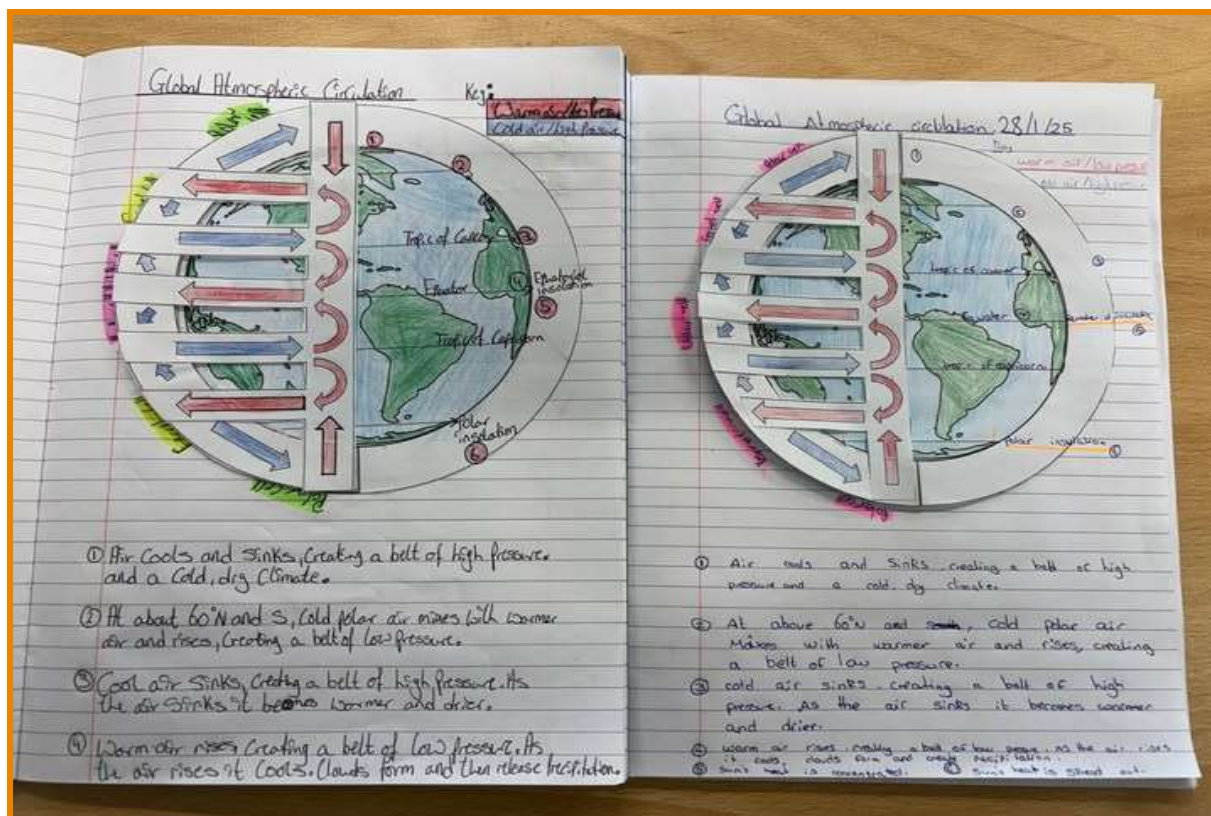
At our school, we love to showcase the incredible talent and creativity of our students, and this term has been no exception! Year 10 Geography and 8W Art & Design have produced some truly fantastic work, demonstrating both knowledge and artistic skill.

Year 10 Geography students have been exploring **Global Atmospheric Circulation**, creating brilliant **pop-up models** to bring this complex system to life. Their work illustrates how air moves around the Earth in three major cells: the **Hadley Cell**, responsible for tropical climates, the **Ferrel Cell**, influencing our UK weather, and the **Polar Cell**, shaping conditions near the poles. These hands-on models have helped students understand key climate processes in a fun and engaging way.



Meanwhile, 8W Art & Design have been working on their **War and Conflict** project, producing powerful final pieces inspired by a range of artists. Their work explores the emotions and impact of war through different artistic styles, demonstrating deep thought and creativity.

We are so proud of the dedication and effort our students put into their work. It is always a pleasure to celebrate their achievements and share their fantastic creations with the school community!



2025

**KENT  
TEACHER**

**OF  
THE  
YEAR**

We are thrilled to announce that several of our incredible staff members have been **nominated for Kent Teacher of the Year!** This is a fantastic achievement, and we couldn't be prouder of our hardworking and dedicated team.

At The Howard School, we know how special our staff are, and it's wonderful to see them recognised for the amazing

work they do every day. From inspiring lessons in the classroom to the support they give beyond lessons, our teachers and staff truly make a difference.

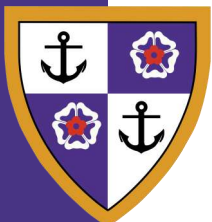
Since sharing the news, we've received some lovely messages from parents and carers:

*"They are all amazing! Mr Dunn, Mrs Thompson, and Mrs Jaiyeoba are teachers that my son mentions a lot—they all do a brilliant job."*

*"My son finishes Year 13 in June. He has had an amazing journey at The Howard and has been lucky to work with some inspirational and dedicated teachers like Mr Webb, Miss Martin, Mr Cooper (PE) and the unforgettable Mrs Jaiyeoba. Their passion and positivity have inspired my son to do well in his GCSEs and now his A Levels."*

*"Made my vote for Miss Gregson, the best form tutor for our boys' journey in Year 7!"*

We are so grateful for all the kind words and support! The next stage of the awards is coming up soon, so let's keep our fingers crossed for a win. No matter what happens, we are so proud of our staff and the difference they make every single day.





# 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

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**MS T MCCOMAS**

Pastoral Support Manager  
Deputy Safeguarding Lead

01634 388765 Ext: 3006

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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

Recently, Year 9 students had the chance to hear from Sergeant Paul Garvie of the British Army, who delivered an exciting and informative assembly on career opportunities and apprenticeships within the Army.

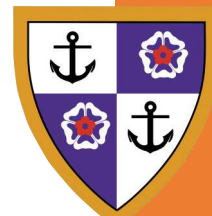
Sergeant Garvie shared a wealth of knowledge about the wide range of career paths available in the Army, from hands-on roles like engineering and logistics to opportunities in leadership, technology, and even the medical field. He explained how apprenticeships in the Army allow individuals to earn while they learn, gaining qualifications and valuable experience along the way.

The assembly also highlighted how a career in the Army can offer a sense of purpose, a strong team environment, and the chance to travel and experience new cultures. Sergeant Garvie emphasised that the Army is not just about physical strength but also about mental resilience, problem-solving, and teamwork. Students were encouraged to think about what skills they have and how these might be applied in various Army roles.

For many students, this was a great opportunity to consider different career options and ask questions about the real-life experience of being in the Army. Sergeant Garvie was happy to answer queries and provided practical advice about how students can start exploring these opportunities now.

Overall, it was an eye-opening assembly that allowed Year 9s to think about the future in a new light and consider a range of options that might be available to them. We hope the session has sparked some interest and curiosity about the exciting possibilities that lie ahead.

A big thank you to Sergeant Garvie for taking the time to visit and share such valuable insights into the Army's career and apprenticeship programmes.



# 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>



On Tuesday, our Year 8 Aspire students had the amazing opportunity to visit the University of Kent for an exciting workshop focused on sustainability. The day was all about getting creative and learning how research plays a key role in finding solutions to global challenges.



The students kicked off the day with a fun challenge designed to get their creative thinking flowing. They explored different ways to think outside the box and come up with new ideas to make the world a more sustainable place. After that, they learned just how important research is in shaping those ideas into something real and impactful.



The students then had the chance to explore the University of Kent campus. They toured a range of impressive facilities that students at the University use every day. From study areas to social spaces, they saw first-hand what life could be like as a university student. It was a great way to inspire them for their future studies and show how universities are at the forefront of tackling big challenges, like sustainability.



The highlight of the day was when the students brought everything together to design a new halls of residence for university students. The brief? Make it creative, research-informed, and appealing to everyone! The students worked in teams, using everything they'd learned during the day to come up with ideas that were not only practical but also innovative and environmentally friendly.

The boys did an amazing job, showing off their creativity and teamwork skills. It was a positive and inspiring day for everyone, and we're proud of all the students for their hard work and brilliant ideas. We can't wait to see how they continue to develop their skills and creativity in the future!

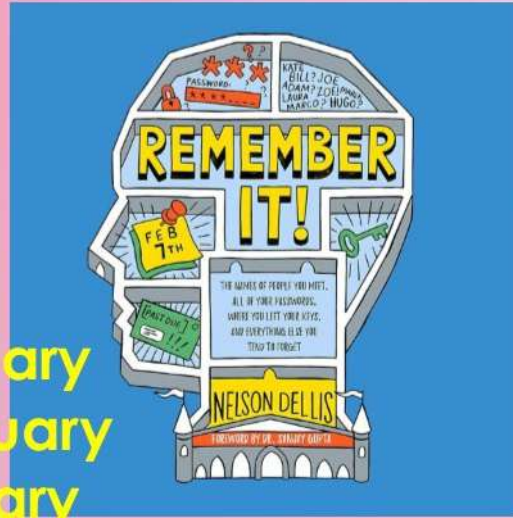


# House Events

## 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



We were thrilled to welcome Steve Eadon to The Howard School for a truly memorable day! Steve, who worked in the community at Arsenal FC for over 11 years, shared his incredible experiences and insights with our students, highlighting the role of languages in the football industry.

Steve started the day by delivering an inspiring assembly to our Year 8 students. He spoke about his journey in the football world and the key skills needed to succeed, particularly how language plays such an important part in building relationships and communication within global football. His message showed how speaking different languages can open doors to exciting career opportunities and help connect with people from all over the world. It was a great opportunity for our students to see how their language skills can be applied in a real-world context.

Following the assembly, 60 of our top linguists were lucky enough to take part in an exclusive football training session with Steve. This practical session allowed students to experience the connection between sport and language firsthand. Steve's coaching was not only focused on football skills but also on teamwork, leadership, and communication—skills that are essential both on and off the pitch.

The event was a fantastic success, and we are so grateful to Steve for sharing his expertise with our students. It was an unforgettable experience that demonstrated how important languages are in the world of football and beyond. We hope it has inspired our students to keep developing their language skills and consider the exciting opportunities they could lead to in the future.



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

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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



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)

# 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












12A



A massive shout out has to go to our Year 12 Btec Sport Single students. They get our vote for class of the week. As some of you may have been aware, our Head of Department Mr Cooper took on the challenge of running 43 miles in 1 day for a great cause last week. The group pictured above really understood and supported the cause and gave up time in their day (willingly) to help Mr Cooper run additional miles! It really was incredible to see! From what I hear they also had an engaging lesson whilst on the run that links to their current topic in lesson - Redistribution of blood flow. I'm sure they were thrilled. Great work boys!

### 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 	Basketball Years 11 - 13 
Football Years 7 	Gym Years 9 - 13 	Gym Years 9 - 13 	Rugby Years 7 & 8 	Gym Years 9 - 13 
Gym Years 9 - 13 		Basketball Years 7 & 8 	Basketball Year 9 & 10 	
		Table Tennis All Years 	Gym Years 9 - 13 	



# PE @ The Howard School

## Recent Results



**Sixth Form Basketball Win v**  
**Northfleet**  
69 – 72

**Sixth Form Basketball Win v**  
**Tonbridge School**  
48 - 44



A busy week for our Sixth Formers. Our sixth form team travelled to Tonbridge for a Kent Sixth Form League game. The boys played their part in a very well contested game. With highlights and stand outs coming from EO & DO. DO especially being a year 10 student playing up due to his ability and commitment to the sport.

After their visit to Tonbridge, the boys then travelled to Northfleet for their second fixture of the week. The boys walked away from this fixture after having previously lost to this school, who a lot would consider to be the best side locally. Special mentions go out to CC & DO as well as WK who came in clutch with some high pressured free throws in crucial parts of the game.



# PE @ The Howard School

## Recent Results



### Year 8 Basketball v Hundred of Hoo

42 – 11 Howard

Our Year 8 basketball team continue their impressive development within the Basketball League. We took on local school Hundred of Hoo last week that saw our boys start to show the signs of a team that is making real progress. For some of the boys, they hadn't had experience of basketball games prior to joining the Howard School and Mr Saunderson is really pleased with the progress they are making with their skill execution but their understanding of the game. Shout out AA & KW for stand out performances.



# PE @ The Howard School



Shout out to two of our students



## Representing Medway in Athletics

Big shout out to our 2 students CD (Yr 10) & CD (Yr 8) who are representing Medway in Cross Country Running. Both boys show a real determination striving to develop within their field.

We always love to see the success that our students have outside of a school environment! Keep it up boys!

**PARENTS – IF YOUR BOYS ARE PLAYING OUTSIDE OF SCHOOL IN ANY SPORT, WE WOULD LOVE TO HEAR ABOUT THEIR ACHIEVEMENTS. SEND US AN EMAIL AND SOME PHOTOS SO THAT WE CAN ADD THEM INTO OUR NEWSLETTERS.**



# PE @ The Howard School



🔔 Rewards system has been a hit 🔔



## New Reward System Success

It has been great to see the impact that a rewards system can have in motivating students to get active! Numbers since the turn of the term have hiked up which has been pleasing to see. Our clubs are normally well attended but to consistently have 30+ Students at our clubs AND on a weekly basis the same faces returning it is great to see. Reward stamps being handed out and house points achieved for these young men attending.



# PE @ The Howard School



Reminder -  
New Rewards System



## 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



# PE @ The Howard School



Gym club is now open to Year 9s aswell! Same rules apply. Come up on a Wednesday after school, have your induction and then you can access the gym after school every day!





# 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  
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