



The Howard School

Newsletter

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

welcome



Hello everyone, and welcome to the latest school newsletter.

The English Department is excited to share all the fantastic work that has been happening this term. Our students have been putting in tremendous effort, and we couldn't be prouder of their dedication.

For our Year 11s, we are running targeted interventions to support them in their English Language studies. These sessions are designed to strengthen key skills and build confidence as they prepare for their final exams. Similarly, our Year 10 Literature students are benefiting from extra support, ensuring they feel ready to tackle their exam with enthusiasm and skill.

Meanwhile, Year 9 students have been working hard on unseen poetry. This is always a challenging topic, but they have approached it with curiosity and determination. Their ability to analyse and explore poems they have never seen before is growing stronger each week.

We want to take this opportunity to thank all our students for their hard work. The effort you are putting in now will undoubtedly lead to excellent results. Keep up the fantastic work, and remember, we are here to support you every step of the way.

Last week, we had the incredible opportunity to take part in **Stand Against Violence** assemblies, and what an impact they made! These sessions helped us understand the serious consequences of violence and bullying while showing us how to make positive choices in difficult situations.

Who Are Stand Against Violence?

Stand Against Violence is a charity that works to prevent violence and the heartbreak that comes with losing loved ones. They run workshops across the country to educate young people on how to stay safe and make the right choices. Research has shown that 94% of students who attend their workshops leave with a more positive attitude towards tackling violence.

The charity was set up by Adam Fouracre after his brother, Lloyd, was tragically killed in an unprovoked attack on the eve of his 18th birthday. Lloyd's story is at the heart of the workshops, helping us all understand how even one moment of violence can change lives forever.

What We Learned

Year 7 – Domestic Abuse Awareness

We explored what healthy relationships should look like and learned how to recognise unhealthy or controlling behaviour.

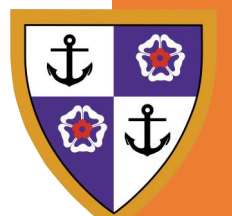
Year 8 – Anti-Bullying

This session focused on the effects of bullying and cyberbullying. We heard real-life stories, including Amber's, a young girl who sadly took her own life after being severely bullied. Her family bravely shared their experience, helping us understand why kindness matters.

Year 9 – Anti-Violence

Lloyd's story helped us see the devastating effects of violence. We also heard from one of Lloyd's attackers, learning how regret and poor decisions can impact lives forever.

These assemblies were thought-provoking and emotional, but most importantly, they reminded us all to think before we act and to always choose kindness.



Free, independent, confidential and impartial advice for the whole of Medway.



Learn more about our service below:

General Advice

You can see an Adviser by dropping in at one of our Outreach sessions. No appointment needed.

- Salvation Army: Every Wednesday 10am-12pm
- St Margaret's Church: Every Tuesday 9am-11am
- St Peter's Church: Every Tuesday 9:30am-11:30am
- St Justus Church: Every Tuesday 10:30am-12:30pm
- Street Angels Hub: Every Thursday 9am-3pm
- St Augustine's Church: Every Wednesday 9am-11am
- Twydall Library: Every Wednesday 9am-12pm

You can also call us on [01634 383 760](tel:01634383760) between 9am & 1pm on Tuesdays, Wednesdays & Thursdays or email us at info@medwayadvice.org.uk.

Money Advice

Struggling to pay the bills? Falling behind with the rent or mortgage? Worried about Council Tax or bailiff letters?



Don't leave it too late - Our specialist debt Advisers are here to help!

We can advise on options for dealing with debts such as insolvency, write-offs and repayment plans. We can help you work out which debts are priorities, look at ways of maximising your incoming, and we can help to negotiate with creditors.

HMCTS Form Filling Service



Our dedicated team can support people completing online HM Courts & Tribunals Service forms. This service covers a wide range of forms including benefit appeal forms, divorce petitions, small money claims, and more.

Volunteering

If you're interested in joining our team, please give us a call or email us at volunteering@medwayadvice.org.uk. We're always in need of Advisers, Admin, Trustees, and more. Our comprehensive training is totally free and our friendly staff and volunteers are always happy to support new colleagues.

Pro-Bono Solicitors



We work in partnership with Solicitor firms to provide 30 minutes of free legal advice on Clinical Negligence, Criminal, and Police Complaints matters.

The Solicitors only take bookings once a month so you'll need to see one of our Advisers first so we can take your details and arrange your interview.

Medway Foodbank Advice Project



We have a specialist team that supports those experiencing food poverty to access Medway Foodbank & resolve their cause of crisis.

We can issue a free Food Voucher that can be cashed-in at any Medway Foodbank centre.

We will need to see proof of ID and proof of low funds before we can issue a Voucher.

Visit our website:

Visit us on Facebook:

Visit us on X:

Our phone numbers:

Self-Help website:

www.medwayadvice.org.uk

www.facebook.com/MedwayCAB

@CABMedway

01634 383 760 (9am-1pm Tues-Thurs)

0800 144 8848 (9am-5pm Mon-Fri)

www.citizensadvice.org.uk

Exams can be a challenging and stressful time for students, with pressure to perform well often leading to anxiety and overwhelm. To support our sixth form students in managing these challenges, we recently welcomed **NELFT** to deliver an insightful and practical workshop focused on relieving exam stress and anxiety.

The session was designed to equip students with effective coping strategies, helping them to approach their studies with a calmer and more confident mindset. NELFT's experienced facilitators provided expert guidance on techniques such as mindfulness, breathing exercises, and time management, ensuring students had a range of tools to support their mental well-being during the exam period.

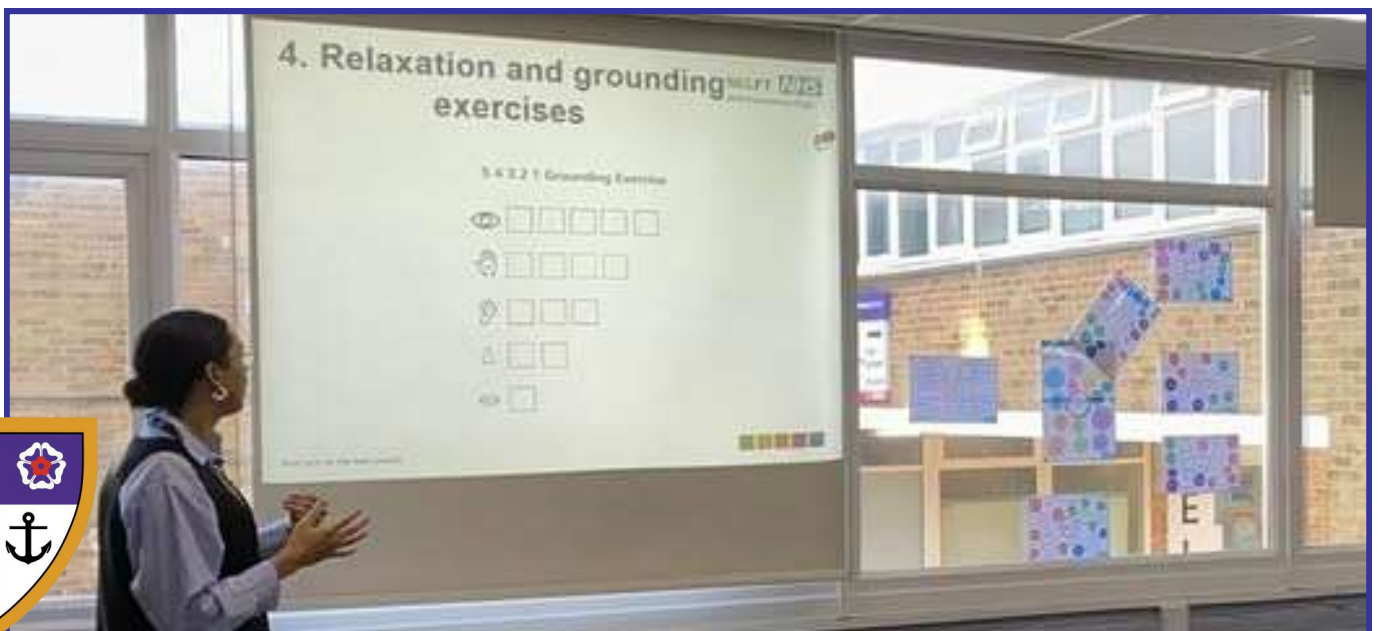
One of the key takeaways from the workshop was the importance of self-care during revision and exam season. Students were encouraged to prioritise a balanced routine, including regular breaks, physical activity, and adequate sleep. The workshop also explored how a positive mindset can enhance focus and performance, reinforcing the idea that stress, when managed effectively, can be a motivating force rather than a barrier to success.

Feedback from students who attended the session was overwhelmingly positive. Many expressed how the practical strategies shared by NELFT would help them feel more in control of their studies and exam preparation. The interactive nature of the workshop also provided a valuable opportunity for students to share their own experiences and learn from one another in a supportive environment.

We are grateful to NELFT for delivering such an engaging and informative session. Their expertise in mental health and well-being provided our students with invaluable insights that will benefit them not just during exams but in future academic and personal challenges.

For those interested in learning more about NELFT and the vital work they do in supporting young people's mental health, further information is available on their website.

As exams approach, we encourage all students to make use of the strategies discussed in the workshop and to reach out for support when needed. With the right tools and mindset, success is within reach.





Online Workshops

These workshops are aimed at supporting young people and parents/carers of young people in secondary school.

Understanding Your Amazing Teenage Brain 28/01/2025 – 6:00 – 8:00pm

Workshop for parents and carers

[Join the meeting now](#) Meeting ID: 362 974 663 745 Passcode: Gp6tm3pB

Understanding ADHD 11/02/2025 – 6:00 – 8:00pm

Workshop for parents and carers

[Join the meeting now](#) Meeting ID: 321 982 540 44 Passcode: Jr2v7to7

Less Stress Guide to Exams 17/03/2025 - 5:00 – 6:00pm

Workshop for young people and their parents and carers

[Join the meeting now](#) Meeting ID: 351 545 286 353 Passcode: vV67A6aP

**Workshop times alternate from term to term*

Our online workshops offer information around key topics to help understand what is going on for your child and strategies to support them, based on the latest evidence and practice.

If you would like to join, please click on the link above. If you have any questions please speak to your child's school.

Our workshops are held on Microsoft Teams. You do not need an account to join. You will need access to the internet. Currently, this workshop is only available to parents/carers of children attending a EWT/EST school. Please speak to your child's school or check our website for our list of schools. If you require materials in another language or have any other access needs then please email:

EWTandESTenquiries@nelft.nhs.uk

We look forward to meeting you!



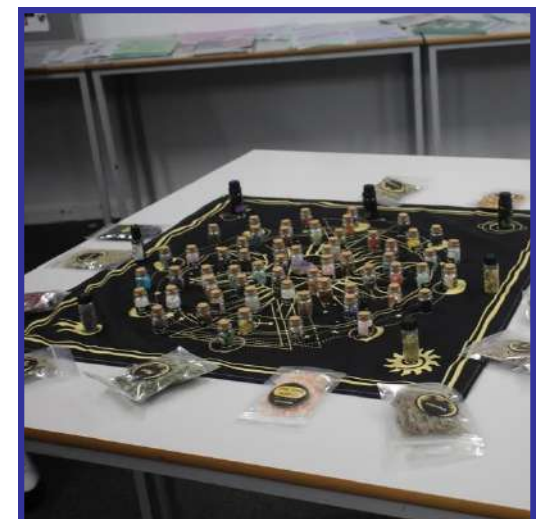
A huge thank you to everyone who attended our **Options Evening**! It was fantastic to see so many Year 8 students and their families exploring the different subjects and pathways available as you prepare to start your **GCSEs in Year 9**. We hope you found the evening helpful in making informed decisions about your future.

Choosing your options is an exciting step, but we know it can also feel like a big decision. That's why we put this event together – to give you all the information you need to make the right choices. From subject presentations to chatting with teachers, we hope you now have a clearer idea of what each course involves and how it could support your future goals.

If you're still unsure about anything, don't worry – that's completely normal! Many students take time to think things through, and we're here to support you. The most important thing is to choose subjects that interest you, suit your strengths, and keep your future options open. Whether you already have a career in mind or are still exploring, making well-informed choices now will help set you up for success.

If you have any questions or need more advice, don't hesitate to reach out. Your teachers, form tutors, and careers team are here to help, so take advantage of their support. You can also look through the **options booklet** and other resources from the evening to refresh your memory before finalising your decisions.

A big well done to all Year 8 students for taking this process seriously and thinking carefully about your next steps. This is an exciting time, and we're looking forward to seeing the fantastic choices you make as you move into Year 9!





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

Some of our Year 10 students recently had the fantastic opportunity to attend a virtual session with the University of Kent. The session focused on three key areas to help them prepare for their exams: **Revision Skills, Exam Technique, and Coping with Exams.**

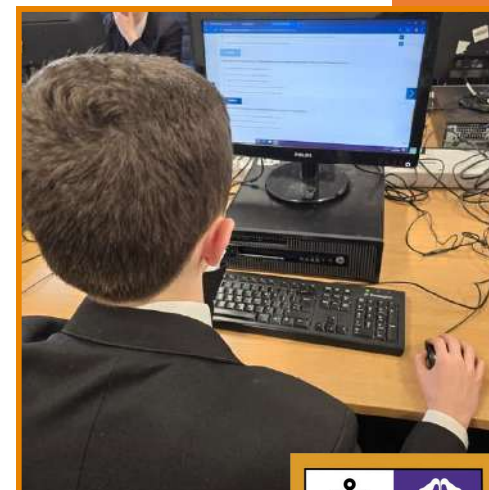
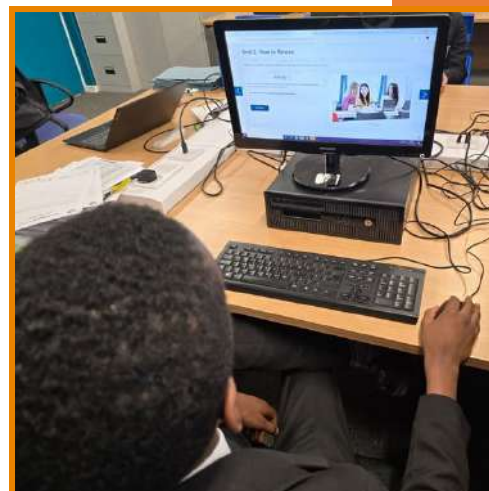
During the session, students were given useful advice on **revision skills**, including how to organise their study time effectively and make the most of different revision techniques. They learned that revision isn't just about reading notes over and over again—it's about actively engaging with the material, using strategies like mind maps, flashcards, and past paper questions to help information stick.

The session also covered **exam technique**, helping students understand how to approach different types of questions and manage their time wisely during an exam. They were encouraged to read questions carefully, plan their answers, and make sure they check their work before the time runs out.

Finally, the University of Kent shared important advice on **coping with exams**. Exams can sometimes feel overwhelming, so students were given practical tips on staying calm, managing stress, and keeping a positive mindset. They were reminded that looking after themselves—getting enough sleep, eating well, and taking breaks—is just as important as studying.

This was a valuable experience for our Year 10 students, who are now feeling more confident about their revision and exam preparation. We are very grateful to the University of Kent for taking the time to support our students with these essential skills.

We encourage all Year 10s to put these tips into practice and start building good study habits now. Small steps every day can make a big difference when exams come around!



What Parents & Educators Need to Know about SCAMS AND FAKE NEWS

WHAT ARE THE RISKS?

"Fake news" refers to falsified or misleading material presented as a legitimate account of events. It's often used by malicious actors online to push an agenda, or even by criminals as a way of making scams more persuasive. Scammers can trick us into handing over personal information, security details and even our hard-earned cash.

"CLICKBAIT" PHISHING SCAMS

A message arrives saying "Have you seen this video of yourself?" or you might be sent an attention-grabbing headline about a celebrity that's been shared on social media. This kind of "bait" is produced by scammers to drive us to click on an unsafe link, where malware could be downloaded to our devices. These scams rely on our curiosity and our "need-to-know" instinct.

SALES, DEALS & DISCOUNTS

Some scams appear as adverts, offering a chance to buy something – such as designer products, expensive gadgets or tickets to a popular show – at a reduced price. Such offers often include a time limit or countdown, urging us to hurry so we don't miss out on the deal. This pressure encourages us to input personal details or payment information before pausing to check if it's legitimate.

YOU'RE A WINNER!

This kind of scam involves fake giveaways, opportunities or freebies. It could be a message saying we've won a prize draw or competition. Or it could be a gift, free trial, bonus credit, and so on. It might claim that a package or refund is waiting. All these techniques are used to prompt us to share our personal information, thinking that there's something to be gained by doing so.

FALSE FRIENDSHIPS

Scammers often pretend to be someone they're not to gain their victims' trust. They might attempt to convince any children they connect with that they're a child of similar age with shared interests. Warning signs include a high volume of messages (often with an intense tone), secrecy, inappropriate levels of intimacy, guilt tripping, emotional manipulation, threats or blackmail.

PANIC MODE

To trigger a sense of panic, scammers may claim that a child's account has been hacked, or a virus has been installed on their device, or any number of other scary scenarios. They may claim to be able to fix the problem or offer a solution – if the child hands over control of the device or sensitive information. Similar scams involve impersonating a friend or relative, claiming that they're in trouble and need help.

FAKE CELEBRITY ENDORSEMENTS

Impersonating influential people online is a common tactic for scammers, who can use technology to create fake photos, audio and even videos that look authentic. These can be used to convince us, for example, to buy products, sign up for so-called "business opportunities" or invest in cryptocurrency schemes – all of which are fake or otherwise malicious. Many scams also involve the impersonation of popular companies' social media accounts, as well as those of individuals.

Advice for Parents & Educators

STAY INFORMED

Stay up to date with the latest information and best practice on cyber-security. See what scam threats are reported in the news and make note of what tactics were used. Keep up with young people's digital lives: talk about what they're doing online and use properly endorsed resources to learn what risks certain sites and apps pose to their younger users.

ENCOURAGE HEALTHY SCEPTICISM

Most scams rely on emotional or psychological manipulation, tapping into our human instincts – whether that's to keep ourselves safe, help others, find scammers, make friends, avoid losing out or to secure something we really want. Encourage children to recognise that pressure to act and to always consult with an adult – especially if what's on offer sounds too good to be true.

TALK TOGETHER

Chat often and openly with young people about fake news, online scams and how they both work. Encourage them to talk to you about anything they're unsure of or worried about online. If a child claims to have been scammed, don't pass judgement. Blaming the victim may deter young people from asking you for help. Remember: adults are scammed just as often. If not more.

BE PROACTIVE

Children increasingly use digital devices for education, socialising, shopping and play. Don't wait for a problem to arise before you discuss the risk of scams, false information and fake news. Highlight what to look out for and clearly communicate under what circumstances the child ought to speak to an adult. Firstly, ensure that they're aware of the support services that are available to them (such as Childline).

Meet Our Expert

Dr Holly Powell-Jones is the founder of Online Media Law UK and a leading expert in digital safety, media law and young people. Her PhD investigates children's understandings of risk online. She works with schools, businesses, and universities to provide award-winning education on the criminal, legal and ethical considerations for the digital age. Visit OnlineMediaLaw.co.uk for more.



#WakeUpWednesday

The National College



As part of **Place2Be's Children's Mental Health Week**, a group of our Year 7 students had the fantastic opportunity to attend **Medway's Know Yourself, Grow Yourself** event at the **Corn Exchange, Rochester** on **5th February**.



The day started with a scenic walk through **Rochester Castle grounds**, setting a calm and reflective tone for the morning. Once at the venue, students took part in a range of engaging activities designed to promote wellbeing, resilience, and self-care. These included high-energy **NERF battles**, a unique experience at the **Reptile 'cuddle' corner**, and interactive **wellbeing workshops with Kooth**. They also explored the **Mental Health Marketplace**, where they had the chance to collect resources (and plenty of free pens!). A particular highlight was the competitions, where two of our students proudly won **Ninja Warrior tickets**.



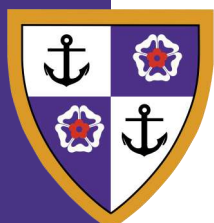
Ahead of the event, students created **Vision Boards** focusing on the six key areas of wellbeing: **Take Notice, Connect, Give, Learn, Be Active, and Wellbeing**. These were shared with the **Medway Wellbeing Team** and displayed at the venue, reinforcing the importance of personal reflection and goal setting.



Local councillor **Teresa Murray** also attended the event, engaging with students and showing her support for mental health initiatives in schools. The students confidently interacted with stallholders, participated enthusiastically in workshops, and conducted themselves impeccably throughout the morning.

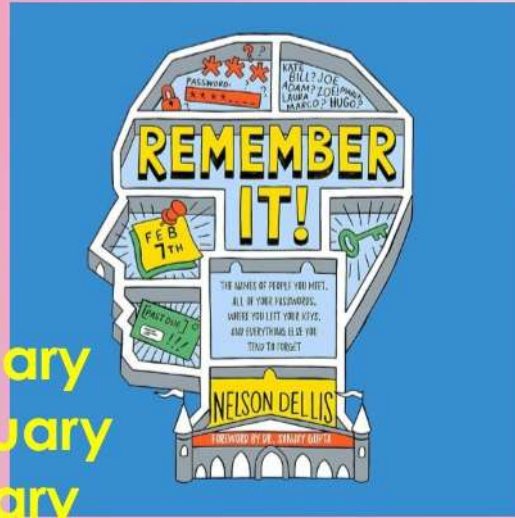
A clear favourite of the day was the **snack stall**, but beyond the treats, every student left having made **new friends**, learned **valuable mental health strategies**, and enjoyed an enriching experience. It was a pleasure to take them, and we are incredibly proud of how they represented **The Howard School**.

This event was a great success, reinforcing the importance of **mental health awareness** and **positive wellbeing** for our students.



House Events

Term 3



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

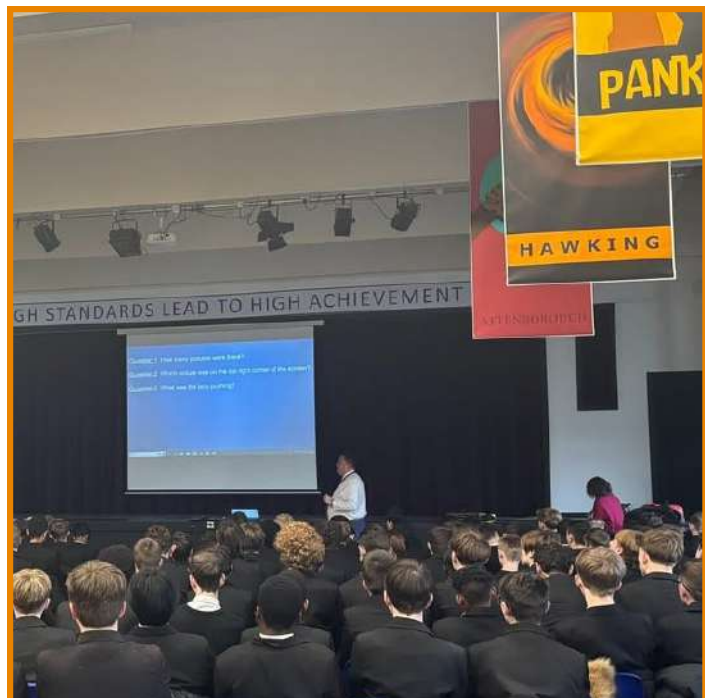


Year 7 - 22nd January
 Year 8 - 29th January
 Year 9 - 4th February
 Year 10 - 11th February

HOUSE ROWING

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





The excitement of Our House Events continues to build as Year 10 had their turn at the popular memory challenge, 'Remember It'. This event tests students' ability to recall and retain information under pressure, and it did not disappoint! Students were focused, competitive, and most importantly, had a great time representing their house teams.

A huge well done to everyone who took part, not only for showcasing their impressive memory skills but also for contributing valuable points to their houses. Each team has worked hard, and the friendly competition is certainly heating up. Every student who participated deserves recognition for their effort, sportsmanship, and the energy they brought to the challenge.

In addition to Year 10's fantastic performance, we have already seen Years 7 and 11 take on 'Remember It' earlier in the week, with both years putting in brilliant performances. Year 7 were enthusiastic, eager, and ready to impress, while Year 11 showed remarkable focus and determination, proving that hard work and practice really do pay off. As a result, both years earned important points for their respective houses, further intensifying the competition as we move through the event.

Looking ahead, the fun doesn't stop here. Years 8 and 9 will have their opportunity to shine next week, and we're all excited to see what they bring to the table. With each year group putting their best foot forward, it's anyone's game as the points rack up and the leaderboard takes shape.

We want to extend a big thank you to all the students for their hard work and to the staff who have been supporting throughout the event. Let's keep the momentum going and finish strong as we approach the final stages of the competition. Stay tuned for more updates on this exciting event and the ongoing house rivalry!

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:

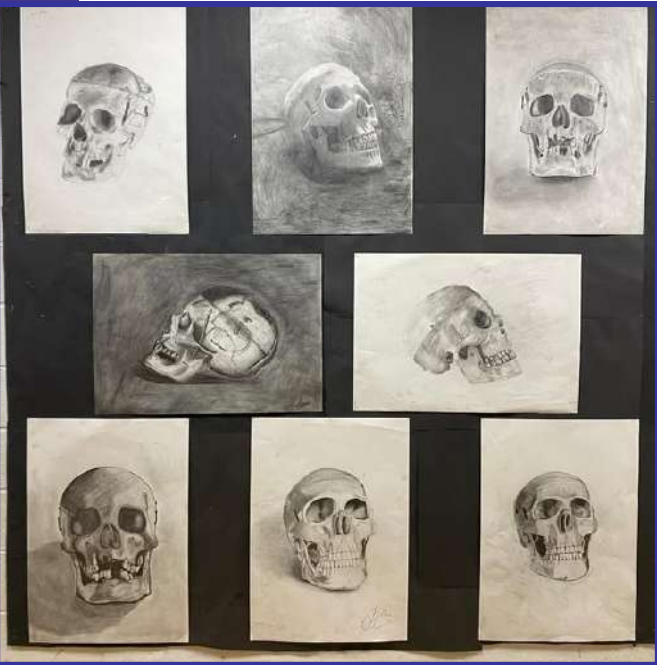
Mon to Fri: 16:30 - 22:00

Sat: 08:00 - 23:00

Sun: 08:00 - 20:00

To Book

www.howard.schoolhire.co.uk



Our art department has been buzzing with creativity recently, and we couldn't be prouder of the fantastic work our students have been producing! From GCSE students pushing the boundaries with graphite and pencils to Year 8 artists experimenting with printmaking techniques, the level of talent and hard work on display is truly inspiring.

Our GCSE students have been using graphite, pencils, and rubbers to create detailed and expressive artwork. These students have really embraced the challenge, developing their skills and exploring different techniques to bring their ideas to life on paper. The attention to detail and creativity they've shown is amazing, and it's clear they've put in a lot of effort to perfect their pieces. We can't wait to see what else they have in store as they continue to develop their art portfolios.



Meanwhile, our Year 8 students have been experimenting with printmaking, learning new techniques to transfer their artwork onto different surfaces. From bold patterns to intricate portraits, the results have been nothing short of impressive. It's exciting to see how they're growing in their artistic abilities, and their enthusiasm for trying new things is inspiring.

The progress and achievements of all our students show how hard work and dedication can lead to incredible results. We're so proud to see them express themselves through art and can't wait to see how their skills develop even further.

Well done to everyone involved – keep up the amazing work!



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'.



FACE delivers online support via zoom for parents across the UK
Talks are 90 minutes long, £24 each - Book Online at facefamilyadvice.co.uk

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.



PE @ The Howard School



What's been going on?











Marathon Update - Mr Halsey & Mr Cooper

As some may have seen Mr Halsey is running the London Marathon at the end of April. He is currently on Week 5 of his 16 week training programme which has seen a real step up in intensity from the first 4 weeks! Mr Halsey's aim? 4 Hours 15.

Mr Cooper, after completing his double marathon, still has one more to go. He is running the Brighton Marathon at the end of April as well. For those of you that know Mr Cooper, he is not one to train lightly or set himself an easy target. Mr Cooper is aiming for a time of 3 hours 30 to complete his Brighton Marathon.

Mr Halsey will be looking to run fundraising events between now and April - Keep your eyes peeled for more information over the next couple of months.

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

The week in photos





PE @ The Howard School Recent Results



Year 9/10 Basketball v Brompton

Our year 9/10 boys took to the court against Brompton with an emphatic win. This game gave us a chance to introduce some new faces into the squad to see how they would integrate and how they would perform in a competitive situation. The boys played well scoring a huge amount of points. Shout out to AR who scored his first points for the school team and played really well.



Yr 11 Basketball v Gravesend

Kent cup action for the Year 11 basketball team this week saw the visit from Gravesend Grammar School. It was great to see so many boys turn out to play in this fixture, with the added stresses of exam preparation which makes Year 11 difficult to commit. The game was a very fast paced and entertaining. Gravesend Grammar were a very strong team who on the day were physically better than us, getting around the court, driving at the basket and being tight in defence. The boys played very well throughout but fell short and sadly exit the cup competition. Special mention to TW who scored a very high percentage of THS points on the day.



PE @ The Howard School

Recent Results



Year 7 Rugby v Canterbury Academy

The Year 7 boys have really impressed us since joining the school. For a young group they are developing really well and their ability to understand the game and how to be most effective is starting to really show. The boys took on Canterbury Academy last week in a well rounded performance. The boys won 9 – 4 in tries and there were some really impressive tries scored. A big shout out to the bravery and desire shown by the team to win the ball on every occasion as the tackles and rucks were pleasing to watch. A real area that the team has developed since the beginning. Special mentions to TF; IS; EM & WD. We could have chosen more!

Year 7/8 Indoor Cricket Event

A selection of Year 7/8 students made the trip to Canterbury to experience indoor cricket with a twist. Lots of skill games and challenges were tackled throughout the day with real resilience and enjoyment. The boys engaged very well and showed a real sense of interest in a sport they may not have really considered before!





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





MEDWAY
ACADEMY
OF PERFORMING ARTS

presents

Les Misérables

SCHOOL EDITION



Summer Youth Musical Auditions

Take part in an intensive **two week rehearsal process** for Les Misérables School Edition ending a fantastic two weeks with a fully staged production. Participants must be available from Monday 28 July 2025 - Sunday 10 August.

Find out more and sign up for auditions at
www.medwayacademypa.co.uk/lesmis



Meet Your Head of House



Mr. Edwards

Ms. Samuels

Ms. Anglin

Mr. Dunn

Ms. Mulrooney



ATTENUBOROUGH



HAWKING



ATTENUBOROUGH



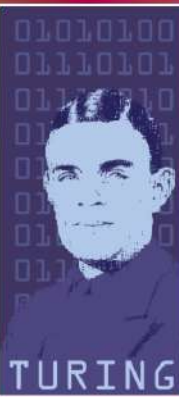
HAWKING



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TURING



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TULL



TURING





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