

# NEWSLETTER



**Howard**  
Community Academy

19th May 2023

## A Message From Staff

It was a delight to share our plans for the school refurbishment at our Moving Forwards Together meeting on Wednesday. This exciting internal refurbishment project is planned to take place over the coming year in different phases. Along with other community visitors, governors, staff, parents and children, we also shared our dreams and goals for our school for the year ahead. It was fabulous to have a mix of voices, making plans together to continue to develop our amazing school.

We were delighted to join with Owl class to share their version of The Smartest Giant in assembly this week. A great retelling of the story with some quick costume changes! It was wonderful to have Owl class parents join us for the assembly and the reading café afterwards. Otter and Fox classes also enjoyed their reading cafes this week.



The new online ordering system to book your child's lunches goes live this week. Please book your child's meal in advance as **we will not be able to take orders on the day. This is for all pupils, even those who receive free school meals.** Thank you to all who attended the School Council quiz, bought cakes from our cake sale and used our clothing swap shop on Tuesday. Funds raised will be used for our Young Enterprise week next week...watch this space!

*Mrs Weir*

Coming up at Howard.....

**Online food ordering-deadline for next week is Saturday 20th May at 12 midnight.**

Thursday 25th May—Fox and Otter class trip to Kentwell Hall

Friday 26th May— Young Enterprise week Trade Fair

## Headteacher Awards

I am pleased to announced the following pupils have received a Headteacher Award. Congratulations!



Noah P

Jeremy M

Paisley M

Michael A

Aaronas M

Vinnie G

Sophia A

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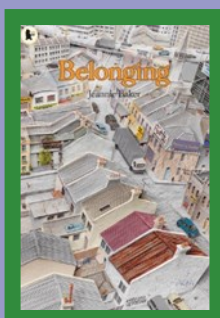
Tommy T



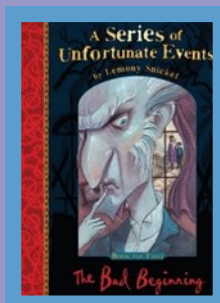
## Looking for a good read?



Pumpkin Soup  
Helen Cooper



Belonging  
Jeannie Baker



A Serie of Unfortunate  
Events  
Lemony Snickett

## Dates for your diary

26th May– Trade Fair

29th May-2nd June–

Half term break

## Stars of the Week

Mr Oakley for his energy and multi-tasking skills!



## Attendance

This week 91.9% of our children attended school. It has been lovely to see you all. Do let us know if we can help in any way.

Please note that we are unable to authorise term time holidays according to government guidelines and penalty fines may apply.

## SEND News from Mrs Wakeman



This week see the next page for tips to support your child with anxiety, especially at this time of year with transition approaching. I also enclose the website link if you would like to read more about this.- <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/anxiety/#Symptomsofanxiety>

## How to Contact Us

If you need help with advice on how to get online, resources to help your child learn at home or any other support we are here to help. Please speak to a member of staff or phone the school office on 01284 766278.

Class teachers can be contacted via class emails e.g. [otter@howardprimary.org](mailto:otter@howardprimary.org) for Otter class, [badger@howardprimary.org](mailto:badger@howardprimary.org) for Badger class.

## Howard is fabulous!

Keep up to date with news about our learning in school, events and activities as they happen, and some useful links for activities to complete at home, by following us on our social media pages:




<https://www.facebook.com/HowardCAcademy>




@HowardAcademy <https://twitter.com/HowardCAcademy>

# SEND News from Mrs Wakeman


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 Breathe slowly and deeply together.


You can count slowly to five as you breathe in, and then five as you breathe out. If this is too much, try starting with shorter counts. If it works for them, gradually encourage your child to breathe out for one or two counts longer than they breathe in, as this can help their body relax.

 Sit with them and offer calm physical reassurance.


Feeling you nearby, or holding your hand or having a cuddle if it's possible, can be soothing.

 Try using all five senses together.


Connecting with what they can see, touch, hear, smell and taste can bring them closer to the present moment and reduce the intensity of their anxiety. You might think together about five things they can see, four things they can touch, three things they can hear, two things they can smell and one thing they can taste.

 Reassure them that the anxiety will pass and that they will be okay.

It can be helpful to describe it as a wave that they can ride or surf until it peaks, breaks and gets smaller.

 Ask them to think of a safe and relaxing place or person in their mind.

If you haven't tried this before, agree with them when they're feeling calm what this place or person is. It could be their bedroom, a grandparent's house, a favourite place in nature or somewhere they've been on holiday. Sometimes holding a memento of a relaxing place, like a seashell or pebble, can help.

 Encourage them to do something that helps them to feel calmer.

This could be running, walking, listening to music, painting, drawing or colouring-in, writing in a journal, watching a favourite film or reading a favourite book.

