

# NEWSLETTER



**Howard**  
Community Academy

15th September 2023

## A Message From Staff

It has been great to see busy classrooms and walls in the classrooms become filled with great learning and art work from our pupils. I had the pleasure of showing Mrs Johnston, the new Director of Primary Education for Anglian Learning, around our school on Thursday. She was delighted to see the fantastic learning opportunities in all of our classrooms and was impressed by our Early Years set up in the sports barn, while we wait for the new part of the building to open. She will be visiting on site from time to time, so please do introduce yourselves if you see her around the site. She would love to meet parents at Howard Community Academy.



Year 5 started their brass lessons this week with some excitement and our clubs have started well. Please do remember to book in on My Child at School or via the school office.

Sadly our school photograph session has been changed, due to our photographers rearranging with us. As soon as we know the new date, we will let you know.

I have also been meeting this week with staff from West Suffolk College and we are planning some exciting parent workshops coming up later this term. Please watch this space!

*Mrs Weir*

Next week at Howard....

Wednesday 20th September– Year 3 workshops with Royal Ballet start

## Headteacher Awards

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



Jacob F

Harry P

Florian D

Clemency B

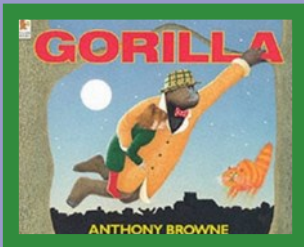
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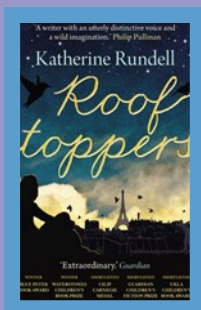
## Looking for a good read?



**The Bog Baby**  
Jeanne Willis and Gwen Millward



**Gorilla**  
Anthony Browne



**Rooftoppers**  
Katherine Rundell

## Dates for your diary

3rd October 6pm – Y6 Residential trip meeting

17th and 18th October – Parents evenings

20th October – Last day of half term

## Star of the Week

Mrs Grundill for her adaptability, stepping in with short notice!



## Attendance

This week 91.8% 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 I would like to signpost to a resource if your child is feeling anxious about school. This details sensory needs that children may experience- [a5 booklet \(suffolksendiass.co.uk\)](https://suffolksendiass.co.uk).

From this I have listed a range of ways that can help your child calm. Different ways will work for different children so it is worth trying out a range of things to discover what



**Rachael Johnston**  
Director of Primary Education

## 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>



National Domestic Abuse helpline: 0808 2000 247

## SEND News from Mrs Wakeman

### Quick fix

- Sitting under a big, heavy blanket.
- Hands on head and pressing down.
- Tucking legs up and squeezing.
- Deep pressure massage.
- Slow rocking e.g. rocking chair.
- Giving themselves a hug.
- Lavender scents.
- Squeezing and relaxing a small fidget toy.
- Squeezing and relaxing face and/or hands.
- Snuggling into a small space.
- Sucking a "sweet" sweet.
- Sucking yoghurt/thick milkshake through straw.
- Bear hug.

### Longer lasting ideas

Long term routine calming activities may be part of the day.

- Walk after coming home from school (with backpack on).
- Press ups or chair press ups regularly through the day e.g. before school, lunch time, after school.
- Allow chill out time, prior to homework in a daily routine.
- Help with moving furniture e.g. pushing sofa - relocating plant pots, hoovering.
- Help with heavy manual tasks in the garden e.g. digging.
- Swimming.
- Put on a heavy coat or heavy blanket over the shoulders as part of chill out time.
- Have a corner with favourite sensory activities to go to at any time.
- Squeeze/rock against gym ball.