

NEWSLETTER

15th December 2023



A Message From Staff

What a delight it has been this week to celebrate the festive season with our Christmas Carol concert, pantomime and our Christmas Fayre. I thoroughly enjoyed hearing each class sing and was incredibly proud of each and every one of our children performing. Our year 5 brass players did a great job, despite having only started learning in September, and demonstrated how to perform even when nervous! It was wonderful to see so many parents and relatives join us, supporting and encouraging our children. Thank you for all of your support.

A huge thank you to Mrs Ashdown and Mrs Harrington for having organised a very successful Christmas Fayre. I know many hours have been spent preparing for the event and we thoroughly enjoyed it. Again, thank you to our fabulous staff and brilliant parent helpers who helped with decorations, manning stalls and baking for the event. What a wonderful **community** gathering!

A huge thank you too to Councillor Stennett who funded our pantomime treat this year. A fabulous fun **experience** for everyone!

Next week our festivities continue with our Christmas lunch and Christmas jumper day on Wednesday. Please note there will be no other food options available that day– only Christmas lunch. Thinking ahead, please also ensure you have booked your lunches for the return in January. If not booked, you will need to provide your child with a packed lunch.

We are fortunate to have a very dedicated team of school governors, who support our school. We are still on the lookout for more parent governor members. If this is something you would be interested in finding out more about, please do contact me via the school office.

Mrs Weir



Coming up next week at Howard....

Wednesday 20th December– Christmas lunch and Christmas jumper day

Thursday 21st December– Last day of term

Headteacher Awards

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



Cody S

Jacob T

Ali-Jenson W

Ella E

Summer H

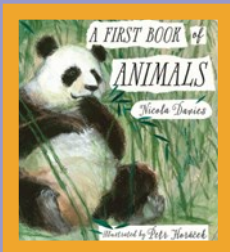
Imogen M

////////////////

Charlie H

////////////////

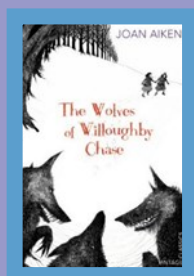
Looking for a good read?



A First Book of Animals
Nicola Davies



The Kick Off
Dan Freedman



The Wolves of Willoughby
by Chase
Joan Aiken

Star of the Week

Mrs Ashdown and Mrs Harrington
for their Christmas Fayre
organisation!

Attendance

This week 92.8% of our children attended school. It has been lovely to see you all.

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 share another course from the Sendiass website. It would be useful if you want to know more about the kind of support that can be offered for your children with SEND needs. It is an online course on Thursday 25th January from 10.00- 11.30.

The link is [Events calendar - Suffolk SENDIASS](#)



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. badger@howardprimary.org for Badger class.



Dates for your diary

20th December- Christmas lunch and Christmas jumper day

21st December- Last day of term

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) <https://twitter.com/HowardCAcademy>

The Power of PACE at Christmas Time

There are a lot of feelings flying around at Christmas time for children and adults alike. Finding the right balance for YOU is something to work towards. PACE can help. PACE - Playfulness, Acceptance, Curiosity, Empathy

Beacon House
Therapeutic Services and Trauma Team



Playfulness isn't the same as playing but is enjoying time with someone else or yourself in an unconditional way.

This can look like a 5 minute sofa snuggle with someone, walking hand in hand, swapping cringey cracker joke or even taking yourself off for a cry on your own if that's where you're at and trying to leave behind any guilt about it.

It's about showing a real interest in someone, or yourself, and finding something you really enjoy about them - or you. Even if that's 2 minutes alone with yourself outside the front door!



Acceptance means sitting with strong emotions or perspective of another and knowing that you might not be able to take these away. There may be no words of advice to give, strategies to implement or thoughts to share, only comfort by offering your safe presence.

It is allowing uncomfortable sensations and emotions to be in your own body without judgement. Accepting their existence.

For an example of this and Empathy, watch the YouTube clip called 'Brené Brown on Empathy' or find inspiration from the song 'Hold Space' by Ward Thomas.



Curiosity isn't about asking "why?" even when this is exactly what we want to know! It's about wondering what is going on inside for someone or ourself.

It's about taking the risk of being wrong "Can I share my ideas with you... I wonder if... I might be wrong, so tell me if I am, but here are my thoughts..."

A way of letting someone know that your mind is on their mind and genuinely interested in anything at all that's going on in there without judgement.

It is practising this same non-judgemental curiosity within ourselves.



Empathy can take a lot of energy at

Christmas. Sitting with the disappointment of a child who hasn't got the gift they hoped for "I can see the sadness in your eyes that it's not what you wanted" or accepting our own disappointment that the time hasn't felt very festive "I am where I am and things are how they are and I'm going to do my best to feel okay with that".

A top tip is try to move away from reassurance or denial of feelings - others or your own. Naming what is happening for ourselves or another helps us in our offering of empathy.

To PACE oneself: "To do something at a speed that is steady and that allows one to continue without becoming too tired."

Copyright | Beacon House Therapeutic Services & Trauma Team | 2021 | www.beaconhouse.org.uk | Credit to Dan Hughes: PACE

How can I help my child with special educational needs cope over Christmas? - Support for Parents from Action For Children.

These are some ideas to help:

- Make a list of things that your child finds hard.
- Record all the different things in the school calendar so that your child is prepared.
- Involve them in the decisions about lights, tree etc
- Prepare them for the gifts they may receive.
- Have a safe place at home that they can go to.
- Talk to them about changes in routine.
- Plan for visitors so they don't become overwhelmed.
- Be conscious of different sounds and smells.