

NEWSLETTER

21st December 2023

A Message From Staff

The busy festive season has continued this week with children making cards, calendars and Christmas crafts. A highlight was our Christmas jumper day to raise money for Save the Children and our Christmas lunch. Santa paid his annual visit with help from a few familiar elves. Lots of excitement, laughter and smiles all round!

All of the wonderful experiences that our children have are due to the hard work and planning of many behind the scenes. Office staff, kitchen staff, midday supervisors, teaching assistants and teachers all play such an important and vital part in supporting our children to enjoy fun activities and learn together. I am so proud of our amazing staff team, who have worked their socks off this term. Thank you to you all!

We will be open for children on Friday 5th January. 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 already starting to think ahead to the new term and will be holding our clothing swap shop during the first full week back. More details to follow, but any donations are welcome.

We wish you and your families a restful and relaxing Christmas break and a Happy New Year when it comes!

Mrs Weir



Wishing you a restful break and we look forward to seeing you again on Friday 5th January.

Headteacher Awards

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



Lexi S

Rosie-Mae L

Rex N

Rosalie N

Bethany M

Taylor L

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Jesse E

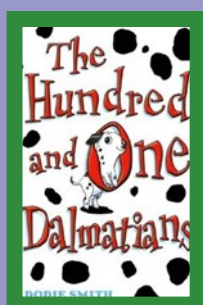
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Looking for a good read?



Funnybones

Janet and Allen Ahlberg



The Hundred and One Dalmations
Dodie Smith



The Queen's Nose
Dick King-Smith

Star of the Week

Mid-day supervisor team for Christmas lunch.



Attendance

This week 92.6% 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 website of advice to help deal with anxiety with the holidays nearly upon us.

The website is [SEND: Helping families cope with the stress and anxiety of change - BritMums](#)

Change can be a challenge for pupil with SEND but the ideas may also be useful if your child suffers from anxiety. Have a wonderful Christmas everyone!



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

5th January– School reopens for the Spring 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>

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

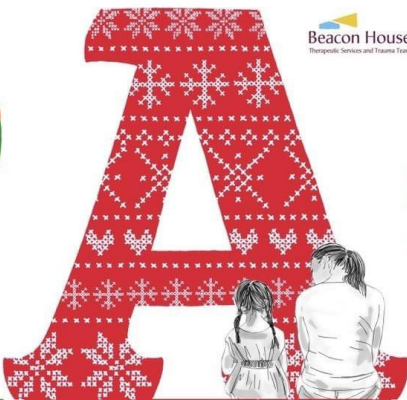
Beacon House
Therapeutic Services and Trauma Team



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."

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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.