

NEWSLETTER



16th January 2026

Howard
Community Academy

A Message From Mrs Weir

This week has been the start of lots of different activities for our children in school. Monday started with Forest school for our Year 1,2,5 and 6. Although Early Years do their own forest learning weekly, the older children started to explore the forest school areas around school this week. Well done to all of those who remembered wellies and outdoor gear- they were certainly needed!

Year 5 started their swimming lessons this week. As swimming is a life skill, it is an important part of our curriculum. Although some of our children were nervous at first, it was great to hear that they all braved the water and finished the session with big smiles on their faces. If you haven't done it yet, I would encourage you to take your children swimming. It is a fun family activity and a potential life-saving skill too!

Year 4 thoroughly enjoyed the Skills Escalator day at West Suffolk college on Wednesday. Learning about technology and digital skills, the children enjoyed lots of fun technical challenges and games to develop their knowledge and skills, including VR headsets and 3D computer modelling. Mrs Ashdown and Mrs Rouse were bursting with pride as our children represented our school beautifully whilst having a great time. Our children shared their thoughts:-

3D modelling- "I liked the creativity and building something."

VR workshop- "I've always wanted a VR headset so I loved getting to experience it." and "That was the best thing I ever had."

Our school is extremely fortunate to be taking part in a funded project, organised in conjunction with West Suffolk college, for our Year 5 and 6 group called Bitesize. On Thursday we welcomed parents in for a launch event which introduced the focus on healthy eating. Our children will be involved in doing some healthy cooking as well as thinking about healthy lifestyle choices too. Lots to look forward to!

Mrs Weir



Next week at Howard....

Tuesday 20th January at 9am- Hedgehog reading cafe

Wednesday 21st January- Y6 trip to Young Voices

Thursday 22nd January- Year 6 visit to Skills Escalator Day at West Suffolk College

Thursday 22nd January at 9am- Owl reading café

Thursday 22nd January at 2.30pm- Badger reading café

Headteacher Awards



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

Kyle H

Teddy-Lee B

Serat A

Leona J

Lima S

Bonnie B

Ivy M

Parker G

Riley C

Looking for a good read?



Meg and Mog

Helen Nicoll and Jan Pienkowski



The Boy Who Went Magic

A P Winter



Beetle Boy

M G Leonard

Star of the Week

Miss Jagodzinska for her reassuring conversations.



Attendance

This week average attendance was 92.6%. It has been lovely to see you all. The government expectation is that children are in school for at least 96% of the school year to help them learn. 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 apply.

SEND News from Ms Whiting

This week I would like to remind you of the next PINS workshops that is being held next week on Tuesday 20th January @ 1.45-3.15. If your child is neurodiverse or you believe they are showing neurodiverse tendencies I would urge you to sign up at the office.

The third workshop is about Emotional regulation: How to support Neurodivergent children with emotional processing and anxiety. This will include information on how sensory issues may impact in this area.

I do hope to see you there.

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 for Otter class.

Dates for your diary

- 20.1.26 Hedgehog reading café
- 21.1.26 Y6 to Young Voices
- 22.1.26 Y6 to Skills Escalator day
- 22.1.26 9am Owl and 2.30pm Badger reading café
- 26.1.26 2.30pm Kingfisher reading café
- 4.2.25 Owl class assembly
- 6.2.25 Number day

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 page:



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

@HowardAcademy

National Domestic Abuse helpline: 0808 2000 247



FamilyLine

Call: 0808 802 6666 Text: 0737 404 282
Email: familyline@family-action.org.uk

Parent workshops in 2026



PINS workshops

Tuesday 6th January 1.45-3.15- Workshop 1: Neurodevelopmental Diversity: what every school and/ carer needs to know

Tuesday 13th January 1.45-3.15- Workshop 2: Learning and Executive Functioning: How parents, carers and school staff can work together to support neurodivergent children

Tuesday 20th January 1.45-3.15- Workshop 3: Emotional regulation: How to support Neurodivergent children with emotional processing and anxiety. This will include information on how sensory issues may impact in this area

Tuesday 3rd February 1.45-3.15- Workshop 4: Neurodevelopmental Diversity: Managing caregiver stress. Research suggests that parents/carers and caregivers of neurodivergent children experience greater stress than those of neurotypical children and young people. This workshop explores the reasons for this and considers some ways to manage caregiver stress and support your own wellbeing as parents/carers and school staff

Hamish and Milo Families Together

We are excited to invite you to join our new Hamish & Milo Families Together Programme.



Hamish & Milo programmes help children develop social and emotional literacy skills, become more self-confident and resilient, so they feel happier, less anxious, more able to self-regulate to engage in learning and fulfil their potential.

This is a ten week programme that focuses on each of the Hamish & Milo emotion themes and gives family members the opportunity to find out more about the whole programme and take part in special activities with your child for part of each session. Each week focuses on a different emotion theme and provides insight, opportunities for discussion and time to share experiences.

The ten themes are:

- Week 1 - Amazing me (self-esteem, self-worth and confidence)
- Week 2 - Calm me (anxiety)
- Week 3 - Resilient me (resilience)
- Week 4 - Celebrating me (diversity and inclusion)
- Week 5 - Exploding me (strong emotions and anger)
- Week 6 - Finding me (sadness)
- Week 7 - My friends & Me (friendships)
- Week 8 - Actions, words & me (conflict resolution)
- Week 9 - Memories & me (loss, bereavement and grief)
- Week 10 - New Beginnings & me (changes and transitions)



The sessions will be held on Wednesdays at 1:30pm in the school's community room. Starting from 14th January onwards.

If you would like to take part, please confirm your place with the school office, either in person or by