

# NEWSLETTER



6th February 2026

**Howard**  
Community Academy

## A Message From Mrs Weir

It was lovely to hear Owl class sharing their learning about the characteristic of calm in their class assembly this week, sharing how rainbow meditation can help them to feel calm. We recognise that feeling calm can be really difficult and is something that children and adults also need to work at! Calming down is a technique that we need to practise and what helps one person can look different from what helps another but is a key life skill that we teach our children through our curriculum. It is also one of our key principles in school– safe, calm and respect– which underpins much of what we do in school.



Another way to help ourselves feel regulated and calm is through physical exercise. On Thursday Years 1-6 had a taster of different sports run by Premier sports and thoroughly enjoyed it. Premier are running a holiday club over the half term break here so if you are interested in accessing this provision, do book your child in with Premier. Premier sports also run our after school wraparound club. If you would like to know more, please do ask at the office.

Each week we collect the points that the children have earned in their class through gaining a star or earning a class pompom. Last week we reached our target and we are looking forward to celebrating with our whole school reward next Thursday 12th February with a Wheels day. The children can bring in a toy with wheels or a scooter or bike and will have the opportunity to use it at a supervised time during the day. See letter for more detail.

Lastly, given the recent revised Government guidance around mobile phones in school we have reviewed our mobile device policy. Mobile phones are not allowed to be used in school by pupils and should not be on school site. We have had recent reports of issues with children accessing social media inappropriately through their phone at home. Please be aware that it is parental responsibility to monitor your child's access to social media and behaviour online.

*Mrs Weir*

### Next week at Howard....

Tuesday 10th February at 3pm– Clothing swap shop in Community room

Wednesday 11th February– Year 5 to Buggy Malone

Thursday 12th February– Whole School Reward "Wheels day"

## Headteacher Awards



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

Annabel P

Julian W

Cameron M

Kateryna B

Myla F

Darcie T

## Looking for a good read?



Traction Man

Mini Grey



Alex Sparrow and the Really Big Stink

Jennifer Killick



Wonder

R J Palacio

## Dates for your diary

13.2.26 Professional training day for teachers

16.2.26-20.2.26 Half term break

23.2.26 School open for pupils

## Stars of the Week

Mrs Steed and Mrs Nichols, our amazing nursery team.



## Attendance

This week average attendance was 92.5%. 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 inform you about some helpful resources concerning big emotions. The NHS has launched a program called Togetherness with free access to learning about child development, well-being, brain changes and more.

The courses are about:

Understanding a child's feelings

Helping with anxiety

Understanding your child from toddler to teenager

Understanding anxiety

Please see the attached leaflet for how to access them.

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](mailto:otter@howardprimary.org) for Otter 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 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](mailto:familyline@family-action.org.uk)

## 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 email.**

**Parent  
workshops in  
2026**