Howbridge Church of England Junior School

‘ Together We Shine ’

Friday 18th September 2026

Address: Howbridge Road, Witham, CM8 1BZ

Website: howbridgejunior.co.uk

Telephone: 01376 501648

Email: office.howbridge@dcvst.org

Dear Parents and Carers,

The children have settled into school well this term and have been throwing themselves into their learning. In Maths, every class has been investigating the value of a number and what this means. This is known as place value. Our hall display theme this term is maths, so lots of our learning has been displayed for other year groups to read and enjoy and be challenged by!

Assessments

Our children have been undergoing assessments over the last two weeks. This helps us to understand where the children are in their learning and how we can support and challenge their learning moving forward.

Denzel and Hugo

We have had a lovely week in school, this week! We have got our new friends in Year 3, some of whom like to walk us into class. Our new friend Logan, likes to come and see us in Ms Levett’s office and lets us chase him around the table.

We feel like very lucky boys!

Woofs and wags

D & H

Diary Dates

Tuesday 22nd Sept—Year 3 and 4 Cross Country Trials

Wednesday 23rd Sept– Year 5 and 6 Cross Country Trials

Thursday 24th Sept— Parent Workshop re ADHD

Thursday 1st Oct– School Census

Friday 9th Oct— Non-pupil Day

Wednesday 14th Oct– Cross Country Event

Friday 16th Oct– Parent Consultations

Monday 19th Oct– Half Term commences

Monday 2nd Nov—Children return to school

Monday 2nd Nov– Parent Consultations

Tuesday 3rd Nov– Parent Consultations

Thursday 19th Nov– Flu immunisations

Monday 30th Nov—Year 6 Trip The Snowman at Charter Hall

Friday 11th Dec—iRock Concert 10am

Wednesday 16th Dec– Year 5 and 6 Christmas Service at St Nicolas

Wednesday 16th Dec—Whole School Christmas Dinner

Friday 18th December– Last day of Autumn Term

Have a great weekend!

PARENT WORKSHOP

with Mrs Glynn

WHAT ADHD LOOKS LIKE

You are not alone.

An opportunity to discuss ADHD and how we can support our children.

WE WILL EXPLORE:

- What ADHD can look like in children
- Common strengths and challenges associated with ADHD
- Practical strategies to support children at home
- Ways to build confidence, independence and emotional wellbeing
- How we can work together to help our children succeed

This is an **OPEN DISCUSSION** and a chance for parents to come together in a safe, welcoming environment.

We will learn from one another, share experiences and strategies, and offer support to those who may be finding things challenging.

WORKSHOP DETAILS

DATE: 24th September

TIME: 2:00pm

VENUE: The School

Whether your child has a diagnosis, is on a pathway for assessment, or you simply want to learn more,

you are very welcome.

We look forward to meeting you and sharing this opportunity to connect, learn and support one another.

TOGETHER, WE CAN MAKE A DIFFERENCE FOR OUR CHILDREN.

ASK ALGER

What is Wellbeing and Mental Health?

At our school, we are committed to supporting children's wellbeing and mental health. We believe that helping children understand their emotions, build positive relationships, and develop healthy coping strategies is an important part of their learning and personal development.

Children's wellbeing is about how they feel, think, and cope with everyday life. It includes their emotional, social, and physical health, as well as their confidence, resilience, and sense of belonging.

What does positive wellbeing look like in children?

A child with positive wellbeing may:

- **Feel safe and secure.**
- **Show confidence in trying new things.**
- **Be able to talk about their feelings.**
- **Cope with small setbacks and disappointments.**
- **Attend school regularly and engage in learning.**
- **Have healthy eating, sleeping and exercise habits.**

Mental health relates to our emotional, psychological, and social wellbeing. Just like physical health, everyone has mental health, and it can change over time. Good mental health helps children manage feelings, enjoy learning, form friendships, and reach their full potential.

What does positive mental health look like in children?

A child with good mental health may:

- **Experience a range of emotions and manage them appropriately.**
- **Form positive friendships.**
- **Feel valued and included.**
- **Solve problems with support when needed.**
- **Recover from worries, sadness or frustrations over time.**

To further support parents and carers, our school newsletter will incorporate a section called "Ask Alger." This section will provide information, advice, and practical strategies on topics such as wellbeing, mental health, emotions, behaviour, and positive parenting approaches. It is designed to offer support and guidance for families and answer common questions that may arise as children grow and develop.