

2ND OCTOBER 2026

ST PHILIP HOWARD CATHOLIC SCHOOL NEWSLETTER

01707 263969

www.sphoward.herts.sch.uk

STARS OF THE WEEK

Sunshine - Robbie,
Rainbow - Stephanie,
1C - Ruby, 1J - Jessica,
2H - Gabriel, 2I - Rex,
3A - Ella, 3S - Santi,
4G - Aksa, 4F - Valerie,
5G - Crown, 5A - Devlyn,
6S - Emmanuel,
6TS - Augustas

UPCOMING EVENTS

Thursday 8th October

Reception Tours - 09.30am

Friday 9th October

Non-Uniform Day

Friday 16th October

School Disco - See Poster

Monday 19th October

Parents' Consultations

Tuesday 20th October

Parents' Consultations

Wednesday 21st October -

School shuts at 1pm for Half Term

SPORTS

Thursday 8th October

Cross Country Finals at
Stanborough Lakes - 3.45pm
(Letters have gone home
today)



Dear Parents and Carers,

We started October by praying the Rosary together before school. We will be praying a decade next Thursday at 8.40am on the big playground.

Year 3 have been putting their Catholic Social Teaching into action this week by litter picking around the school grounds and weeding the prayer garden. They spoke to the rest of the school at assembly about keeping our grounds tidy.

Miss Goss led a very interesting assembly today for Black History Month. She told the children about famous black people from the past who lived in Hertfordshire. They have a challenge to complete before the month is over.

Today, 3 new pupils were elected as our Learning Captains. This half term we are focusing on resilience (not giving up). All learning certificates for this half term will be for resilience. An additional focus for the whole school is handwriting and presentation of their work.

Please make sure that you book on for Parent Consultations using the Arbor App. Consultations will take place on Monday 19th and Tuesday 20th October. (This is not for 1C or 2I)

Thank you to those who completed the RSE consultation. We are rewriting our Policy and will share it along with a FAQ soon.

Mairéad Waugh
Headteacher

Message from Mrs Field

On Tuesday 6th October, Kelly O'Connell, our School and Family Worker will be at our school for the day.

Her work includes:

- providing information and signposting to other services in the local area
- liaising with a range of external services such as Housing and Social Care
- assistance in completing paperwork and forms e.g. housing, special educational needs, school places and benefits
- attendance and support at school and other agency meetings
- advice and support in promoting positive behaviour at home
- guidance with career and personal development and access to training and workshops in school.

If you would like to speak to her then she will be on the main gate in the morning or you can email me at lfield@sphoward.herts.sch.uk and I can arrange an appointment or telephone call at some point during the day.



Hello Yellow Day

On Friday 9th October, we're supporting Hello Yellow Day by wearing non uniform with a yellow theme!

We're proud to stand together to raise awareness of the importance of children's mental health and wellbeing.

We would also like you to bring an item or items for our school Food Bank - items needed are;

- Spaghetti
- White Pasta
- Rice
- Soft Drinks
- Tinned Fish
- Tinned Tomatoes

Let's brighten the day with our favourite yellow accessories, tops, socks, or hairbands and show that it's okay to talk about how we're feeling.

YEAR 3

In RE, we have been learning about what it means to be a good steward of the world. This means taking care of the world around us and doing our part to protect it, just as God asks us to care for the wonderful gift He has given us.

To put our learning into action, we went outside to weed our prayer garden and litter pick around the school grounds. We worked together to make our school environment cleaner. We are proud to do our part in looking after our school community and God's creation.

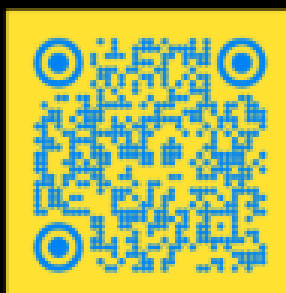


**Friends of
St Philip
Howard**



SCHOOL DISCO

**Friday
16
October**



CLICK HERE FOR TICKETS OR SCAN QR CODE

**DISCO 1
3.30-4.30**

**DISCO 2
5.00-6.00**

**DISCO 3
6.30-7.30**

Y1/Y2

£4.50

**TICKET
&
TREAT BAG**

Y3/Y4

£3.00

**TICKET
ONLY**

Y5/Y6

£3.00

**TICKET
ONLY**

**WE WILL BE SELLING SWEETS & TOYS
AT DISCO 2 AND 3 ONLY. WE RECOMMEND PROVIDING YOUR
CHILD WITH A MAXIMUM OF £5 FOR SPENDING**

Family Support

We are pleased to inform you that we have been updating our school website and have transferred all posters, advertising Family Support Services, Family Events and Activities onto our Parent's Page.

To access additional information, please use the links available within the thumbprint posters below, or alternatively directly through our [School website](#).

Welwyn Garden City & Hatfield Schools Partnership

Who's in Charge

A FREE* 8 WEEK COURSE FOR PARENTS/CARERS LIVING WITH A STRONG-WILLED CHILD

COURSE COVERS:

- ENTITLEMENT VERSUS RESPONSIBILITY
- CONSEQUENCES
- ANGER
- ASSERTIVENESS
- SELF-CARE
- COOPERATIVE FAMILY RELATIONSHIPS

PROGRAMME CONSISTS OF 8 X 2 HOUR WEEKLY SESSIONS

Dates
14th October- 9th December 2026
6.30-8.30pm (no session in half-term- 28th October)

TIME: 6.30-8.30pm

LOCATION:
Panshanger Primary school

To book a place, please scan the QR code or go to: <https://forms.cloud.microsoft/e/ek3djYdaVt?origin=lpLink>

*Please note that this course is only available for free to our partner schools, details of which can be found here: <https://wgch-hatfieldschoolspartnership.com/our-schools/>



coram family lives

Dads Together

Sign up to our 6-week online group

Are you a dad and feel like you are constantly nagging at your child to get what you need?

The sessions will cover:

- Exploring what helpful discipline is.
- Recognising the triggers and responding more effectively.
- Learning new parenting tools to challenge children's behaviour
- How to negotiate and implement effective boundaries and family agreements
- How to hold boundaries and gain co-operation

Wednesday 4th November to 9th December 2026
7.00pm to 9.00pm

Online via MS Teams

To book your place, call Lesley on 0204 522 8701, email services@coramfamilylives.org.uk or scan our QR code to use our online referral form



coram family lives

Parenting when separated for parents of SEN children - online programme

Come along to our six-session programme, specifically tailored to help separated parents navigate the complexities of co-parenting and provide the best possible support for their SEND child. This is a valuable opportunity to enhance co-parenting skills, support children's development and build a strong foundation for the future.

The programme includes:

- Understanding SEN and its impact on children and family dynamics
- Effective communication skills
- Managing emotions and stress
- Collaborative problem-solving
- Building a supportive network
- Creating a unified parenting approach

Dates and times

Date: Tuesday 10th and 20th October, 31st, 10th, 17th and 24th November 2026
Time: 9.30am to 11.30am

Date: Wednesday 14th and 21st October, 4th, 11th, 18th and 25th November 2026
Time: 7.00pm to 9.00pm

This will be delivered online via MS TEAMS

For more information or to make a referral, scan the QR code, email services@coramfamilylives.org.uk or call 0204 522 8700 or 0204 522 8701



Groups and workshops coram family lives

Autumn 2026

Bringing Up Confident ADHD/ASD Children (6 weeks) Online group
Monday 19th October to 16th November, 7pm to 8pm
Friday 4th November to 10th December, 9.30am to 11.30am

If your child has ADHD/ASD, or you think they might, join our online 6-week group where you will receive support from other parents and gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school.

Less Shouting, More Cooperation (6 weeks) Online group
Tuesday 4th October to 19th November, 9.30am to 11.30am

Do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6-week group to learn how you can change the way you communicate with your child, respond better, and feel more in control.

Dads Together (6 weeks) Online group
Wednesday 4th November to 9th December, 7pm to 9pm

Are you a dad who feels you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6-week group to learn how you can change the way you communicate with your child, respond better, and feel more in control.

Anxiety around ADHD Online Workshop
Wednesday 20 October 9.30am to 11.30am

Sibling Rivalry Online Workshop
Monday 9 November 9.30am to 11.30am

Reducing Conflict Online Workshop
Wednesday 21 November 7pm to 9pm

It's a Dad's Life Online Workshop
Thursday 24 November 7pm to 9pm

Navigating the Storm (Teens) Online Workshop
Wednesday 2 December 9.30am to 11.30am

For more info, please contact Louise on 0204 522 8700/8701 or email services@coramfamilylives.org.uk or scan the QR code for our online form.



APEX 360

FOR BOYS & GIRLS AGED 5-12

HEALTHY, ACTIVE, FUN! BEST HALF TERM EVER!

MULTI ACTIVITY OCTOBER HOLIDAY CAMP

TAX-FREE CHILD-CARE ACCEPTED

OFSTED REGISTERED

DATE: MON 26th - FRI 30th OCTOBER 2026

TIME: 9.00AM - 4PM EARLY AND LATE DROP OFF AVAILABLE

VENUE: HERTS SPORTS VILLAGE HATFIELD AL10 2EU

PRICE: FROM £35 PER DAY

BOOK NOW!



Newsletter Summer 2026

Community Awareness Walk

It all started with a conversation on a Tuesday morning. Following the end of some funding in March, we had to stop our weekly supermarket delivery that we had come to rely on. This led to discussions about the reduction in local government funding and the increasing challenges facing charities across the sector.

As often happens at the footbank, challenge quickly turned into opportunity. A couple of our wonderful volunteers put their heads together, full of ideas and determination, and soon came up with the fantastic concept of a September Community Awareness Walk. The event had several aims: bringing people together, opening our doors to the wider community, raising awareness of the work of the footbank, and hopefully generating some much-needed funds.

We need not have worried. Hatfield responded in the most incredible way. We walked, talked, shared stories, raised awareness and celebrated the strength of our community. Thanks to the remarkable generosity of our wonderful community, an amazing £1,700 had been raised to date. Plus, GSA Aid, which will help us provide food, toiletries, and essential support to local people in need, as well as contribute towards the running costs of our footbank.

To everyone who walked with us, encouraged us, spoke about us, volunteered their time or donated so generously, thank you. We are truly overwhelmed by your support and incredibly grateful to be part of such a caring and compassionate community.

Footbank Foodbank
info@footbank.org.uk www.footbank.org.uk 01704 607789

Beezee by maximus

Ready to unlock the secrets of healthy eating on a budget?

Date: Thursday 24 Sep '26 **Time:** 12:30 - 1:30pm

Join us for a **FREE** one-hour workshop to get practical tips from our nutritionists. During your time with us you can:

- Discover low-cost healthy swaps
- Understand the importance of meal planning
- Get tips to stick to your shopping list and budget
- Learn about different cooking methods
- Ask questions and get free resources!

Secure your FREE spot today

Click me to sign up

info@hertfordshiremaximus.co.uk
01707 248648

Hertfordshire

coram family lives

Autumn Term Workshops

Anxiety around ADHD Workshop - Wednesday 21 October, 9.30am to 11.30am

This workshop helps parents/carers understand what ADHD is, why it makes sense for a child to be anxious if they have ADHD, strategies to help support you and your child, plus signposting to other support that is available.

Sibling Rivalry Workshop - Monday 9 November, 9.30am to 11.30am

This workshop provides parents/carers with practical strategies and tools to effectively foster positive sibling relationships, promote cooperation and manage conflicts between children.

Reducing Conflict Workshop - Wednesday 25 November, 7pm to 9pm

This workshop is for parents/carers struggling with conflict within their family life and provides tools to promote a cooperative and collaborative approach to resolving the conflict.

It's a Dad's Life Workshop - Thursday 26 November, 7pm to 9pm

This workshop empowers fathers with the knowledge and skills to develop deep connections with their children, enhancing their parenting journey.

Navigating the Storm (Teens) Workshop - Wednesday 2 December, 9.30am to 11.30am

This workshop is designed to support parents of pre-teens and teenagers facing challenging behaviours. It aims to equip parents with effective strategies and tools to manage the complexities of raising adolescents, fostering a positive parent-teen relationship.

The two-hour workshops will be online via MS TEAMS

All our programmes provide support, information and resources to parents, carers and adult family members in Hertfordshire so they can help their children reach their full potential. For more info, please contact Louise on 0204 522 8700/8701 or email services@coramfamilylives.org.uk or scan the QR code for our online form.



Beezee by maximus

Sign up to our FREE masterclass

How to support children with a limited diet?

Date: Monday 28 Sept '26 **Time:** 5:30 - 6:30pm

This one hour session will be led by our nutritionists who can help you understand more about limited diets and offer their expert support. By signing up, you can:

- Share challenges and tips with like-minded parents/carers
- Join an informal, inclusive and non-judgemental atmosphere
- Get lots of practical tips you can use for your family

This is available to all parents, whatever your child's age.

Secure your FREE spot today

Click me to sign up

info@hertfordshiremaximus.co.uk
01707 248648

Hertfordshire

Beezee FAMILIES

FREE Healthy Lifestyle support for families in Hertfordshire

Our FREE 12 week in-person programme starts on 14th Sept 2026, with an intro call beforehand

Monday	Tuesday	Wednesday	Thursday
WATFORD Leavesden Green Community Hub WD25 0BW 5:00 - 7:00pm	CHESHUNT Oakview Primary School SG1 5RD 5:00 - 7:00pm	STEVENAGE Oval Community Centre SG1 5RD 5:00 - 7:00pm	** NO SESSION **
** NO SESSION **	HEMEL Hempstead Hobkitts Manor Junior School HP2 5JS 5:00 - 7:00pm	BOREHAMWOOD St Michael's & All Angels Church Hall WD6 5EQ 5:00 - 7:00pm	** NO SESSION **
ONLINE (10 weeks) (ages 5-8) 5:30 - 6:30pm (ages 9-12) 6:30 - 7:30pm	ONLINE (10 weeks) (ages 5-8) 5:30 - 6:30pm (ages 9-12) 6:30 - 7:30pm	ONLINE (10 weeks) (ages 9-12) 5:30 - 6:30pm	** NO SESSION **

Scan to find our online timetable!

info@hertfordshiremaximus.co.uk
01707 248 648

Hertfordshire



Date	Sessions	Time	Venue
1st, 8th, 15th, 22nd	Bushcraft/STEM Home Ed 4+	10.30-12.00	Potential to Grow Garden
1st, 15th, 22nd	Youth Club 11-16(yr7-11)	5.30-7.30	The Hub@The Galleria
2nd, 9th, 16th, 23rd	Gardening for Wellbeing	10.30-12.00	Potential to Grow Garden
2nd, 9th, 16th, 23rd	Parent /Carer Wellbeing	12.30-2.00	Potential to Grow Garden
3rd	Tech support	10.00-1.00	The Zone@The Galleria
6th, 13th, 20th	Coding & Game Design Home Ed 6-12yrs	1.00-2.30	The Zone@The Galleria
8th, 22nd	Trampolining 5+	5.30-6.30	Gosling Sports Centre WGC
16th	Youth Group 16+	6.30-8.30	The Hub@The Galleria
23rd	Skateboarding 9+	5.30-6.30	The Pioneer Club
27th	Half Term Halloween Fun	10.30-12.30	Potential to Grow Garden
27th	Half Term 3D Printing 6-12	1.00-2.30	The Hub@The Galleria
27th	Half Term Roller Skating 8+	6.00-7.30	Roller city The campus WGC
29th	Half Term Trampolining 5+	6.00-7.00	Gosling Sports Centre WGC
29th	Half term Pony Morning 5-11	10.00-12.00	Danecroft Stables
31st	Potential tracks 10+	1.00-2.00	The Hub@The Galleria
31st	Family Football 7+	4.00-5.00	Birchwood Leisure Centre
	Dungeons & Dragons 12-adult		Contact for details

info@potentialkids.org

potentialkids.org.uk/events

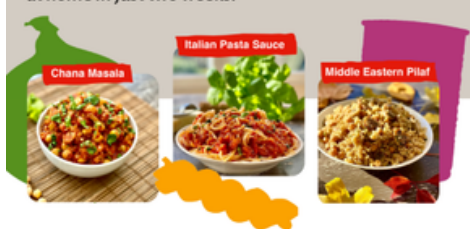


Save money and cook better than the takeaway



Join our free, fun cooking courses

Impress your friends, learn to cook great food at home in just two weeks!



Meals can be quick, fun and cheap to cook:

- Free ingredients included
- Free, flexible, home-based short courses
- All you need is a kitchen and a phone

To register

Phone / text / WhatsApp
07813 678 660
Email:
adele.buckland@bagsoftaste.org
Sign up online:
https://bagsoftaste.org/students



All you need is a kitchen and a phone!

Are you worried about the rising cost of food and how to eat healthily on a tight budget?

Then join one of our free, fun cooking courses. Learn how to make delicious, healthy meals from all over the world whilst saving money.

FREE, ingredients included*

- Cook tasty, exciting meals, cheaply
- Get tips on how to budget and save money when you're shopping
- Learn how to waste less

How does it work?

We deliver three step-by-step recipes and all the ingredients you need, straight to your door. Your personal mentor will support you by phone or WhatsApp with lots of tips and advice along the way.

What do I need to do?

All we ask is that you cook the three recipes and post photos of your lovely food, then at the end we'll send you a free gift and more great budget-friendly recipe sheets.

How long does it take?

About two weeks but you can work at your own pace.

How do I join?

Sign up online:
https://bagsoftaste.org/students
Phone / text / WhatsApp
07813 678 660
Email:
adele.buckland@bagsoftaste.org

Once we've confirmed your registration we'll contact you to arrange your delivery

*For qualifying participants only

HOLIDAY PERFORMING ARTS CLUB

DANCE SING CRAFT ACT

PLUS HALLOWEEN DISCO

WEDNESDAY 28TH OCTOBER
STANBOROUGH SCHOOL, WGC

9:00 - 11:00AM for ages 4- 6 years £19 pp
9:00-3:30PM for ages 5 (year 1) to 16 years £35 pp - Sibling discount available

www.theatretrain.com/welwyn-hatfield/holiday-workshops
welwyn@theatretrain.co.uk | 07747 608 180

THEMED OCTOBER WORKSHOPS FOR 3, 4 + 5 YEAR OLDS

THEATRE DANCE ACT SING

3rd October KPOP DEMON HUNTERS
10th October BLUEY
17th October FROZEN
24th October GABBY'S DOLLS HOUSE
31st October HALLOWEEN FUN

STANBOROUGH SCHOOL, WGC
12-1 PM
£10 PER SESSION

welwyn@theatretrain.co.uk - 07747 608 180

FREE talk for parents
22 October 7-8pm

If you don't have time to listen
just book online and receive a link to the recording available for 48 hours



ADHD & Homework
info@facefamilyadvice.co.uk



TRY A FULL CLASS FOR FREE

Confidence Building FUN

We loved seeing your child shine at our Perform drama workshop today. And guess what, it's just the beginning...

PERFORM

Play is a POWERFUL THING

Perform classes help boost children's confidence, concentration, coordination and communication skills, as well as being lots of fun.

Our expertly designed drama, dance and singing sessions for 4-7s and 7-12s are run by experienced teachers, hand-picked for their warmth and approachability.

They'll be with your child every step of the way - inspiring and encouraging them to develop vital life skills as they discover the joy of performing.

"I cannot recommend these classes enough! It has done wonders for my children's confidence, self-expression and social skills." ***** Maria Smith

What does Perform offer?

- Performing arts-based games and exercises
- Focus on a different social skill each week
- Small classes and feedback on your child's progress
- Specially created scripts, videos and apps
- End of term presentation for family and friends

Try a **FREE CLASS** at your nearest venue

Perform Welwyn Garden City
Wednesdays at 4pm (4-7s), 5.05pm (7-12s)
WGC Quaker Meeting House, Quaker Meeting House, AL8 6SP

Perform St Albans
Wednesdays at 4pm (4-7s), 5.05pm (7-12s)
St Albans United Reformed Church Homewood, Homewood Road, AL1 4BN

Perform St Albans
Saturdays at 9.30am (4-7s), 2pm (7-12s), 11.15am (4-7s)
Fleetville Junior School, 225, Hatfield Road, AL1 4LR

Until 17 Nov, new joiners can use STHP171126 for a £40 introductory discount.

BOOK A FREE CLASS
Your child's first class is free, so why not give it a go? Find your nearest class online or call us:

perform.org.uk/d4a
020 7255 9120

Mary Church Hatfield
October Devotion 2026

Marian Exhibit:
Theme: "The Power of the Rosary"
- runs from 03 Oct to 01 Nov at the Lady Chapel

Processions:
• 03 Oct @ 11:00am - Opening Salvo Rosary Procession
• 01 Nov @ 11:00am - Procession to end the month of Holy Rosary & to celebrate All Saints Day.
Parishioners, especially children, are highly encouraged to dress up as their patron saints and join the procession.

Feast of Our Lady of the Rosary:
07 Oct @ 06:00pm - Public Rosary outside the Mary Church, east entrance

WEAR YOUR SAINT

Mary Church Hatfield
01 Nov 2026 @ 11am