

9TH OCTOBER 2026

ST PHILIP HOWARD CATHOLIC SCHOOL NEWSLETTER

01707 263969

www.sphoward.herts.sch.uk

STARS OF THE WEEK

Sunshine - Ailbe,
Rainbow - Claire, 1J - Evan,
1C - Eva, 2I - Maria,
2H - Queensley, 3A- Nzubechi
3S - Elsie -Mae, 4G - Anaya,
4F- King David, 5A - Vianne,
5G - Erica, 6S- Zane,
6TS - Katelyn

UPCOMING EVENTS

Thursday 15th October

School Nursing Team - Y6
Measurements

Friday 16th October

School Disco - See Poster

Monday 19th October

SPH Feast Day - Mass at
9.15am (School Hall)

Parents' Consultations

Tuesday 20th October

Parents' Consultations

Wednesday 21st October -

School shuts at 1pm for Half
Term

SPORTS

Tuesday 13th October

Boys' Football Tournament at
Onslow

Thursday 15th October

Boys' Football match vs
Green Lanes (Home Game)



Dear Parents and Carers,

On Thursday morning our Chaplaincy team led our Praying the Rosary on the playground before school. As next week is the last Thursday of this half term, it will be our last session.

Please remember that everyone is invited to join us for Mass on Monday 19th October at 9.15 to celebrate St Philip Howard's Feast Day.

On Thursday we had visitors to the school - prospective Reception parents for September. Our Year 6 House Captains were superb ambassadors for the school, leading the tours of the school and explaining what it is like being a pupil at the school. The tour started just after whole school hymn practice which was sounding wonderful.

Music continues to be a strength of our school, especially singing. This year, as well as Year 4 learning to play the ukulele, we have started to offer guitar lessons and Year 2 are learning to play the glockenspiel.

Mrs Field led an excellent assembly on Friday, all about Autism. Please read the report on the next page.

Please remember to book your Parent Consultation appointments on Arbor. This is an important opportunity to discuss your child's progress with their class teacher and to see their work. Children in Years 3-6 are expected to attend with their parents.

Mairéad Waugh
Headteacher

Message from Mrs Field

Today's whole-school assembly focused on autism. The children learnt what autism is, how it can affect people in different ways, and how it may influence the way individuals experience and understand the world around them.

They also explored some famous autistic individuals and how their unique strengths, talents and ways of thinking have contributed to their success. The assembly encouraged children to recognise that, while autism can present challenges for some people, it can also be associated with individual strengths and abilities that some autistic people describe as their 'superpower'.

The aim of the assembly was to develop the children's understanding of autism, challenge misconceptions and promote greater empathy, acceptance and inclusion. Ultimately, we wanted children to recognise that everyone is different, to be understanding of those whose experiences may differ from their own, and to consider how they can help make our school a place where everyone feels valued, respected and included.

Hello Yellow

Thank you for your support with Hello Yellow Day. The children looked vibrant in their bright colours this morning and the Food Bank is now well stocked due to your contributions.

Library Adventure

Has your child taken part in the My First Library Adventure yet? Don't forget to bring your special bookmark (which came home from school in September) into the library to take part. Children can bring their library card, or join the library, to take part. Fifty lucky Reception pupils who complete the My First Library Adventure will win a personalised, signed book from Alice Hemming and Nicola Slater (author and illustrator of 'The Leaf Thief' series) with two overall winners enjoying a visit from Alice and Nicola with their whole class.

Library Adventure for Reception children

Have you started yours yet? Take your bookmark to your local library and complete the challenges to enter the prize draw. 50 lucky winners will win a personalised book signed by Alice Hemming and Nicola Slater, with 2 overall winners winning a special read and draw along session for their whole class.



There are hundreds of books waiting to be discovered. You could celebrate autumn by borrowing 'The Leaf Thief' by Alice and Nicola, the first picture book in their wonderful Squirrel and Bird series. Can Squirrel and Bird solve the mystery of who is stealing the beautiful leaves from their tree?



Cross Country Finals - Stanborough Lakes

Yesterday afternoon, students from Years 5 and 6 took part in the Hertfordshire Schools Cross Country Finals, held at Stanborough Lakes, Welwyn Garden City. It was an uneven course, around the North Lake.

Well done to all of the children for completing this event, and for showing resilience and determination! All athletes did very well but a special mention goes to Bethel who placed sixth in her race and is therefore through to the County event in the New Year.



**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**

Reception Visits

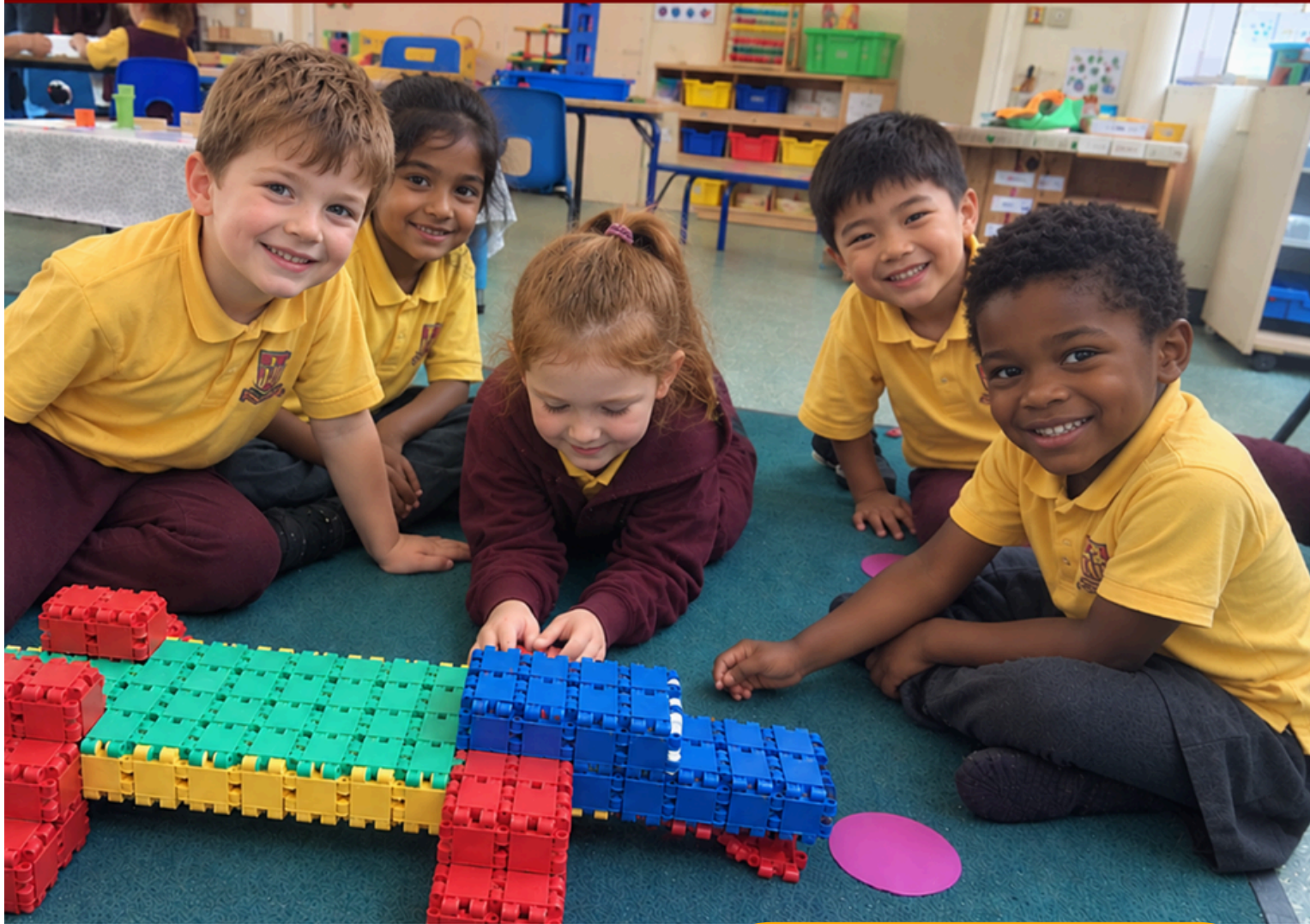
on the following dates and times: 9.30am - 10.30am

Thursday 8th October

Thursday 10th December

Thursday 5th November

Thursday 7th January



**Child's birth date
between 01/09/22 &
31/08/23**

BOOK NOW



01707 263 969



www.sphoward.herts.sch.uk

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

We build better family lives together
www.coramfamilylives.org.uk
@coramfamilyliveshertsandbeds

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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 SEN 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 13th and 20th October, 21st, 10th 11th 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

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Groups and workshops coram family lives
Autumn 2026

Bringing Up Confident ADHD/ASD Children (6 weeks) Online group
Monday 15th October to 14th November, 7pm to 9pm OR
Friday 6th 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 21st October 9.30am to 11.30am

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

Reducing Conflict Online Workshop
Wednesday 25th November 7pm to 9pm

It's a Dad's Life Online Workshop
Thursday 26th November 7pm to 9pm

Navigating the Storm (Teens) Online Workshop
Wednesday 2nd 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.

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Autumn Term Workshops

Anxiety around ADHD Workshop - Wednesday 21st 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 9th 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 25th 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 26th 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 2nd 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.

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HERTS BALANCE & RIDE

LEARN TO BALANCE AND RIDE (OCTOBER 2026)

One of the best skills children can learn, opening up opportunities for fun, independence, activity and health for a lifetime.

LEARN TO BALANCE AND RIDE (L2BR)

- For children typically aged between 3.5 and 11
- 80%+ of children are normally riding after 2 sessions
- 1 Instructor to max 5 children
- Balance bike and lightweight pedal bike for each child included in price
- 1 hour sessions

Full course details at: www.hertsbalance.uk/course-descriptions

Dates:
Monday October 26th and Tuesday October 27th
Tudor Primary School, Hemel Hempstead, HP3 9ER.
Thursday October 29th and Friday October 30th
The Ridgeway Academy, Welwyn Garden City, AL7 2AF

• £38 for recommended two sessions and £25 for one session.

For more information and to book, go to www.hertsbalance.uk/public-schedule-booking email phil@hertsbalance.uk or call Phil on 07941 061717. Private L2BR, DBS and Blixaity sessions are available for children and adults and families. Details at www.hertsbalance.uk/private-sessions

Curious corner October 2026

Feeding Growing Minds

Autumn's Tastiest Superstars!

Fun facts, food adventures and challenges you can complete at home!

Draw Your Lunch!

PLUS! activity sheets

HCL

What's cookin' At School October 2026

School Food Standards Are Changing

See how we're keeping nutritious, tasty lunches on the menu.

What's Really in Plant-Based School Meals?
The Truth Behind the Ingredients

Regulars
CEO Message | Careers à la Carte | Latest News

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Halloween Show
Magical Story Elves

Saturday 31st October

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