



Howden Church of England Infant School

Newsletter 6 - 10th October 2025

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Dear Parents and Carers,

I hope this message finds you well. I would like to extend a heartfelt thank you to everyone who has generously donated items for our Harvest collection for the East Riding Food Bank. Your kindness truly makes a difference in our community. We will continue to collect items until 15th October, so if you haven't had the chance yet, there's still time to contribute, if you can.

We are pleased to announce that Mandy, who works for the charity, will be visiting our school for collective worship on Monday. She will share insights about where the donations go and how your support helps those in need—an important reminder of the impact we can have together.

On Wednesday, both the Junior and Infant schools will come together to celebrate Harvest and give thanks for all the wonderful produce we receive.

Unfortunately, due to capacity restrictions, parents won't be able to join us this time round, but do keep an eye out for upcoming events taking place in the next half-term— we have added lots of dates to the bottom of this newsletter and we're excited to share more soon!

We are continuing to embed the Zones of Regulation throughout school. Our PSHE Lead - Sophie Dorsey has created an info sheet for parents which you will find at the bottom of this newsletter. Any questions, please get in touch.

Looking ahead, we're introducing some fab new clubs next half-term, including Wellbeing, British Sign Language (BSL), and choir.

Take care and have a lovely weekend!

Best wishes,

Chan Amor

Headteacher

TEAM TREE POINTS - Week 6			
Birch	Chestnut	Oak	Sycamore
			
103	127	130	148

VALUE CHAMPIONS OF THE WEEK	
 Curiosity 	Zachary - Rabbits
 Family 	Toby - Hedgehogs
 Nurture 	Neveah - Rabbits
 Respect 	Eliza - Owls
 Joy 	Mason - Squirrels

CLASS STARS			
Hedgehogs	Rabbits	Owls	Squirrels
			
Zachary	Rudy	Isobel	Georgie

What's been happening....

FS2



- We have had a fabulous week in FS2 talking about what our children want to be when they grow up!
- The children enjoyed meeting our local police officer and learning about their role in Howden
- In maths, the children have been comparing more and less.
- We are very impressed with the children's enthusiasm when learning our Little Red Hen story in TFW.
- In RE the children have been learning about Jesus.
- We have finished the week with a visit from our local fire team. The children enjoyed learning about what they do.

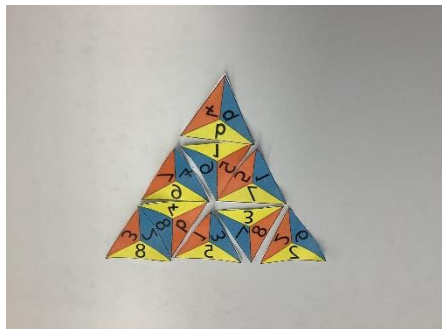
Year 1



- In Year One this week we have been using symbols to compare numbers, greater than and less than.
- In RE we have been exploring special artifacts including the Torah, and how we must treat these items with respect.
- In PE we used jumping skills to create a jumping rhyme to repeat with our partners.
- In Geography we sorted physical and human features, inspired from our walk around Howden with our fieldwork skills.

- In Computing skills this week we have practised logging on to Purple Mash.

Year 2



- In year two this week, we have been applying our understanding of bonds to ten to help us efficiently solve equations with three addends.
- In PE we've progressed from jumping onto skipping, learning how to position the rope as well as how and when to jump.
- In history, we've learnt about Shackleton, placing events from his life into a timeline and discussing why we think his story is still spoken about today.
- In writing, we have moved onto instructions. We're beginning to explore the language used to help order different instructions.

Please contact the school office if your child will not be in school.

Please call 01430 430767 - Select Option 1 and leave a voicemail.



Children in Need

Wear something spotty on Friday 14th November.

Donations of £1 Welcome



Harvest Festival Donations

We are supporting the East Yorkshire Food Bank this year, any donations would be gratefully received.

More Info Below



Keys Dates Going Forward		
Celebration Assemblies	You will be informed by email if your child has been chosen to receive a certificate.	Fridays 0855
Harvest Donations Welcome in School	From Monday 6 th October	Last day for Donations Wednesday 15 th October
Scholastic Book Club	Brochures sent home	Deadline for orders Friday 24 th October
Odd Socks Day	To Support Anti Bullying Week	Monday 10 th November
MIND DROP IN SESSION	At Parents Evenings	12 th & 13 th November
Parents Evenings	Details to follow	12 th & 13 th November
Children In Need	Wear sports - Donations of £1 Welcome	Friday 14 th November
Flu Vaccination Catch up	Contact the office if you need a consent form.	Friday 28 th November
Soup and Carols - Howden Minster	HIS Choir will perform	Timings TBC
Christmas Performances	Parents Invited - Details to follow	Monday 8 th December 2pm Monday 8 th December 4.30pm Tuesday 9 th December 9.30am
Christmas Service - Howden Minster	Parents Welcome	Thursday 11 th December 10.30am
Christmas Book Breakfast	More details to follow	Tuesday 16 th December 8am
Christmas Dinner	Lunch in School	Wednesday 17 th December
Christmas Jumper Day	Save The Children £1 Donations Welcome	Wednesday 17 th December

Communication and interaction specialists	Understanding autism – a seminar for parents / carers. During this seminar, we will introduce autism, with a focus on the following: • Key difficulties and differences of autism • How and why autism affects social communication • How we can support the development of communication skills and strategies. Duration: 2.5 hours	Parents / carers	Parents / carers	Thursday, 6 November 2025 10am - 12.30pm To book via email: eps@eastriding.gov.uk	Cameron Room, Keldmarsh Primary School, Beverley	Free
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Could you be a School Governor?

Dear Parents and Guardians,

We are looking for new Governors to join the Governing Body here at Howden Infant School . We need parents/carers who are willing to help in our school's development and contribute to decisions that can directly affect every pupil. Governors take an interest in all aspects of the school and its work and are an essential part of school governance.

Meetings are held four times a year, and training is given, so you don't need any previous experience of education or meetings. Most important is a commitment to helping Howden Infant School and its pupils the best that they can be.

We know parents are busy people and that your time is precious but your contribution can make a real positive contribution to the wellbeing of the school and its success. So, if you would like to find out more about the work of the Governors please get in touch via the school office, Miss Amor would be very happy to answer any questions and talk informally about what the role entails.

BAKE SALE, FACE PAINTING, PARTY GAMES, TOMBOLA, RAFFLE!

Howden Pre-School Join us on 31st October
Sowing the seeds

Halloween Family Fundraiser!

4:30pm
Delicious bakes and childrens entertainment!

5:00 pm Childrens open mic
Prize for best Childrens and Adult Costumes!

Hosted at

6:00pm
Live and local musicians
Open mic
Disco
9:00pm Prize draw!

Hosted by singer
"Just Add Wine"

Doors open 4:30 - 11pm



Harvest appeal

Help support your food bank this Harvest

In the three weeks leading up to Harvest, the food bank will provide over 350 emergency food parcels for local individuals and families at rock bottom.

Donate food



Donate an item or two from our shopping list, ensuring we can provide food for people facing hardship in your community.

Did you know 1/3rd of those we help are children?



Shopping list

Tinned meat / fish

Tinned veg / fruit

Jam / marmalade

Coffee

Soup

Cereals

Pasta / rice

Microwave pudding

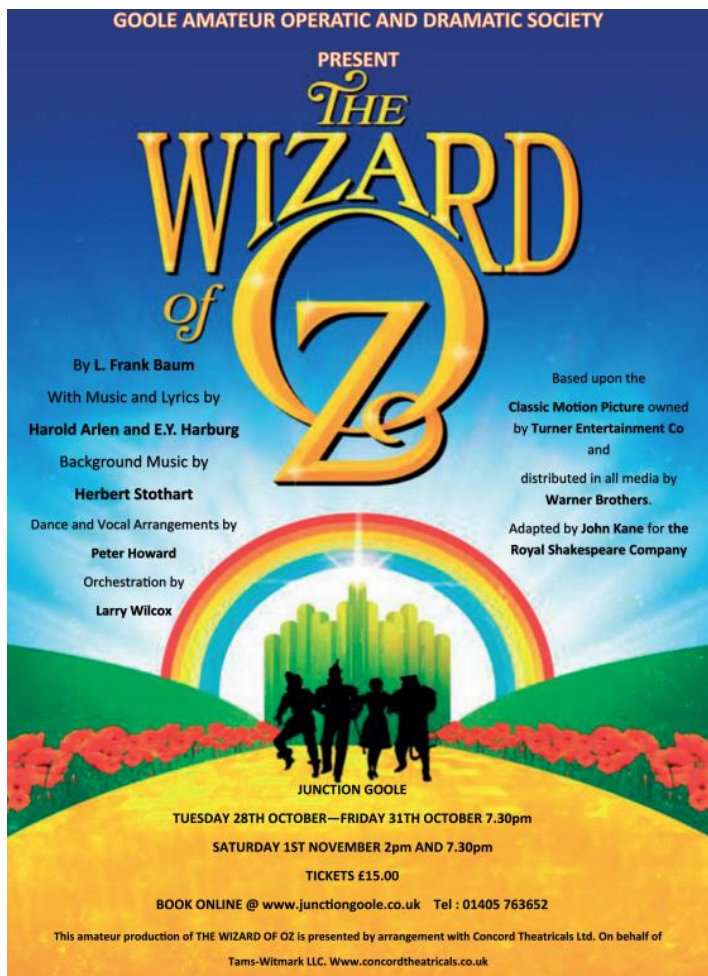
Baked beans

Instant mashed potato

eastyorkshire.foodbank.org.uk

Registered Charity in England & Wales No. 1167071

Registered Limited Company in England & Wales (XXXXXX).



Barnardo's Bumble B's
Join us for some Autumn & Halloween fun this October Half Term!

BEVERLEY
Wednesday 29th October 2025 & Saturday 1st November 2025
5-11 year olds 9.30am - 12.30pm
12-18 year olds 1.30pm - 4.30pm

BRIDLINGTON
Tuesday 28th October 2025 & Saturday 1st November 2025
5-11 year olds 9.30am - 12.30pm
12-18 year olds 1.30pm - 4.30pm

GOOLE
Tuesday 28th October 2025 & Saturday 1st November 2025
5-18 year olds 9.30am - 12.30pm

COTTINGHAM
Thursday 30th October 2025 & Saturday 1st November 2025
5-11 year olds 1.30pm - 4.30pm
12-18 year olds 9.30am - 12.30pm

HEDON
Tuesday 28th October 2025 & Saturday 1st November 2025
5-11 year olds 1.30pm - 4.30pm
12-18 year olds 9.30am - 12.30pm

MARKET WEIGHTON
Wednesday 29th October 2025 & Saturday 1st November 2025
5-11 year olds 2pm - 5pm

To book and to find out more, visit our website:
<https://dsi.barnardos.org.uk/bumble-bs>
Or scan the QR code

£7.50 per session
Bring a **SNACK & DRINK** to enjoy at break time

Supporting a Child with ADHD



Challenge the stereotypes and get practical help

Monday 13th October 10-11:30am

Tuesday 11th November 7-8:30pm

90 minute session. Recording available for 48hrs

£24.

Available to book now
facefamilyadvice.co.uk



Nature Rangers half term fun Monday 27th October 🦇 All about bats

🦇 plus general autumn activities

🦇 outdoor and indoor activities

🦇 £15 per child

🦇 booking visit@yorkshirearboretum.org

🦇 or booking **01653 648598**

🦇 5 to 11 year olds

🦇 Hope to see you there, Kathryn Hardaker The Yorkshire Arboretum

The ZONES of Regulation®



During Autumn 1 we have launched our new scheme; The ZONES of Regulation as part of our PSHE curriculum.

What is the purpose of the Zones of Regulation?

The Zones of Regulation is a framework which helps children to manage their emotions, known as 'self-regulation'.

Self-Regulation means when we can manage our own feelings and emotions. It is about learning how to control your emotions and make good choices. When we are regulated our brain and body feel good.

From time to time, all of us (including adults) find it hard to manage strong feelings such as worry, anger, restlessness, fear or tiredness, and this can stop us from getting on with our day effectively. Children who feel these emotions often find it hard to learn and concentrate in school. The Zones of Regulation aims to teach children strategies to help them cope with these feelings so they can get back to feeling calm and ready to learn. These coping strategies are called 'self-regulation'.

WHAT ARE THE DIFFERENT ZONES?

BLUE ZONE – LOW LEVEL ENERGY, NOT READY TO LEARN, MAY FEEL SAD, UPSET, SICK, TIRED OR BORED, MAY SEEM TO MOVE MORE SLOWLY.

GREEN ZONE – CALM STATE OF ALERTNESS, OPTIMAL LEVEL TO LEARN; FEEL HAPPY, CALM, CONTENT, FEELING FOCUSED.

YELLOW ZONE – HEIGHTENED STATE OF ALERTNESS; ELEVATED EMOTIONS. HAS SOME CONTROL BUT MAY FEEL FRUSTRATED, WORRIED, SILLY, EXCITED AND CONFUSED.

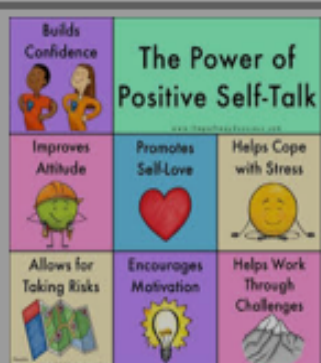
RED ZONE – HEIGHTENED STATE OF ALERTNESS, INTENSE EMOTIONS. NOT OPTIMAL LEVEL FOR LEARNING. OUT OF CONTROL, FEELS ANGRY OR MAD, TERRIFIED, MAY HIT OUT AND YELL. BECOME OUT OF CONTROL.



Children are familiar with these posters as they are placed around school in classrooms. They can have the opportunity to share how they are feeling using these posters.

We aim to help children to:

- Recognise when they are in the different zones and learn how to change if necessary.
- Increase their emotional vocabulary so they can explain how they are feeling.
- Recognise when other people are in different zones.
- Develop an insight into what might make them move into different zones.
- Understand that emotions, sensory experiences, such as lack of sleep or hunger might influence which zone they are in.
- Develop a range of calming and alerting strategies to support them (known as a 'zones toolbox').



What tools can we use to support children?

- Validate and name emotions, using the zones colours.
- Remember all emotions are valid, but our aim is to return to green, where we feel calm and ready to learn/be settled
- Find strategies to help your child return to green.
- Praise children for sharing their emotions.
- Support children to self-regulate

TEAL Annual Snapshot

Academic Year 2024/25



**Working together to create
healthy school environments.**



 11 Schools involved in the delivery of Mind in Education.	 4,365 Individual students were supported as part of the programme.	 2,851 Individual sessions took place with students in 2023/24.
 179 Parent and carers supported through 1-1 support and quick chats.	 54 Staff members received support and guidance.	 555 Students attended a drop-in session within the school.
 102 Student Wellbeing Ambassadors were trained in 2023/24.	 69 Students completed our 6 week pupil resilience programme.	 86 Students completed Big Umbrella sessions to manage anxiety and low mood.

"It has really helped me believe in myself more"

Feedback from a student

"I think the workshop is really good because it helped me learn lots of different techniques to calm myself down when I am angry."

Thank you!"

Feedback from a student

"This really helped my confidence"

Feedback from a student

Get in touch: Hull & East Yorkshire Mind, Wellington House, 108 Beverley Road, Hull HU3 1YA
Registered Charity Number: 1101976, Company Number: 4036165, Registered Social Landlord Number 4828