

howe2news

NEWS, INSIGHTS, PROVOCATIONS AND PROFESSIONAL DEVELOPMENT OPPORTUNITIES

ISSUE 1 | 2 OCTOBER 2025

A warm welcome to your inaugural newsletter from Bex Howe.

Welcome to the inaugural edition of **H2N** - a space designed to cut through the noise and bring you curated insights, provocations, and world-class professional development opportunities, all in one place.

I'm Bex, and my journey in education has taken me from the music room of a middle school to the boardroom of a multi-academy trust. Along the way, I've had the privilege of leading in both primary and secondary settings, shaping strategy, nurturing talent, and championing excellence. Now, through **H2N**, I'm excited to connect with fellow educators, leaders, and change-makers who believe in purposeful growth and bold thinking.

This newsletter isn't just about updates - it's about reflection, challenge, and connection. Whether you're here to find your next CPD opportunity, spark a new idea, or simply pause and think differently, **H2N** is your companion in the journey.

Let's make professional development feel less like a checkbox and more like a conversation worth having.



BEX HOWE, FOUNDER OF HOWETO CONSULTANCY

A Little About Me

When I'm not immersed in the world of education, I'm simply Bex - a mum, a wife, and proud pet parent to Dennis the cockapoo and two irresistibly cuddly kittens. My life is full of laughter, love, and the kind of chaos that only family and furry companions can bring.

I treasure time spent with dear friends, travelling, making memories, watching football, and curling up with a good film (Mary Poppins tops the list - practically perfect in every way). These moments remind me why we do what we do; to build lives that feel rich, connected, and joyful.

Of course, I have my grumbles too - filling up the car, running late, tech tantrums, and rain when the garden's already had its fill. But that's life, isn't it? A mix of magic and mild inconvenience. **H2N** is my way of sharing both the professional and the personal - because great leadership starts with being real.

So, What Do I Do Now?

After years of leading in education, I took a leap and founded Howe To Consultancy in August 2022. Our mission is simple but powerful: to equip young people - and those who work with them - with the skills, ambition, and confidence to become the person they truly want to be.

It's work that lights me up. Every conversation, every workshop, every moment of growth reminds me why I started this journey. And while I love sharing ideas through **H2N**, nothing beats a real connection.

So if something here resonates, let's talk - whether it's a virtual coffee, a face-to-face meet-up, or just a message to say hello. I'd love to know more about you too.

THINGS BEX LOVES



BEING BEX, SPENDING TIME WITH FRIENDS, HUSBAND & SON.



PET PARENT TO DENNIS - A COCKAPOO AND TWO CATS, EMMET & FREDDIE



WATCHING FOOTBALL, MORE PRECISELY ARSENAL - DON'T JUDGE ME!



WATCHING FILMS, WITH MARY POPPINS TOPPING THE LIST

THINGS BEX HATES



RAIN WHEN THE GARDEN HAS ALREADY HAD IT'S FILL



FILLING MY CAR UP WITH FUEL



USING MODERN TECHNOLOGY



RUNNING LATE

Roots, Leaves and Wings: A Developmental Curriculum for Inclusive Education.



This article examines the framework, its pedagogical foundations, and its implications for sustainable inclusive practice

Inclusive education requires curricula that are both accessible and adaptable for learners with diverse needs. Roots, Leaves and Wings provides a structured developmental programme designed to support pupils who face challenges accessing the mainstream curriculum.

Mainstream education continues to face significant challenges in addressing the needs of pupils with additional learning requirements. While statutory frameworks such as the Early Years Foundation Stage (EYFS) and the Autism Education Trust (AET) progression framework provide valuable guidance, many schools struggle to integrate these systematically.

Roots, Leaves and Wings seeks to bridge this gap by offering a complete curriculum tailored for children working below expected standards in literacy and mathematics, as well as those requiring foundation and needs-specific skills.

Curriculum Design and Structure

The programme is distinguished by its tripartite structure:

1. Foundation Skills

Ensuring that pupils who require developmental support can access age-appropriate milestones.

2. Needs-Specific Skills

Providing structured progression for learners with autism and related needs.

3. Core Literacy and Mathematics (Pre-Key Stage 2)

Supporting pupils who require consolidation before accessing higher-level curricula.

Assessment is central to the model, with baseline tools and ongoing evaluations embedded in every area of development. This allows practitioners to monitor progress rigorously and adapt provision responsively.

Pedagogical Implications

The design of Roots, Leaves and Wings aligns with contemporary theories of inclusive pedagogy, emphasising participation and progression rather than deficit-based models of learning.

The integration of developmental and functional skills ensures that pupils gain both the academic and life skills required for broader participation in school and community life.

Importantly, the curriculum promotes shared learning. Pupils with and without Education, Health and Care (EHC) plans engage in the same structured framework, supporting peer interaction and reducing segregation within classrooms. This approach reflects best practice in inclusive education, where all children are encouraged to contribute meaningfully to a shared learning environment.

Impact and Outcomes

Schools adopting the programme report several key benefits:

- Demonstrable progress for all pupils, regardless of starting point.

- Reduced workload for teachers and support staff through access to a comprehensive curriculum framework.
- Greater efficiency in the use of human and physical resources, with potential for significant cost savings.

The capacity to provide evidence of progress is particularly valuable in demonstrating accountability to parents, governing bodies, and external agencies.

Sustainability and Scalability
A notable strength of the model is its sustainability. Once embedded, the framework requires minimal external input, enabling schools to maintain high-quality provision without reliance on external consultants. Furthermore, the scalable design means the curriculum can be expanded to meet the needs of larger cohorts or adapted to specific settings, ensuring long-term viability.

Conclusion

Roots, Leaves and Wings represents a robust contribution to the field of inclusive education. By combining developmental, needs-specific, and core academic learning, it equips schools with a sustainable model that is both inclusive and efficient.

The curriculum not only enhances outcomes for pupils with additional needs but also fosters a culture of shared learning, aligning with broader educational goals of equity and participation.

REIMAGINING ORGANISATIONAL GROWTH.
INTRODUCING THE:

PENTAGON OF DEVELOPMENT FRAMEWORK



Introduction to the Pentagon Of Development, or POD

In today's rapidly evolving educational and organisational landscapes, the need for structured, strategic development has never been more urgent. Enter The Pentagon of Development - a transformative framework developed by **Howe To Consultancy** that offers a comprehensive approach to enhancing internal effectiveness and empowering individuals and teams to thrive.

The Five Pillars of Progress

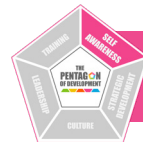
At the heart of this model lie five interconnected areas of focus - we call them the five pillars. Please refer to the information to the right for more information about the pillars. Together, these pillars form a dynamic lens through which organisations can analyse, plan, and take meaningful action. The Pentagon of Development isn't just a diagnostic tool- it's a catalyst for deep, sustained transformation.

Beyond the Short-Term: A Strategic Partnership

Howe To Consultancy's approach goes beyond surface-level fixes. Through facilitated discussions and strategic analysis, the framework helps organisations tackle long-term challenges and uncover hidden opportunities. It's about inspiring individuals not just to meet goals, but to exceed them by fostering a culture of continuous growth and reflective practice.

Insight-Driven Evaluation

Central to this process is the **Howe To Culture and Efficiency Dashboard**, a powerful tool that provides rich insights into team dynamics, roles, processes, and impact. This dashboard enables leaders to pinpoint areas of strength and identify where development is needed most. It's not just about data - it's about dialogue, interpretation, and action.



Self-awareness: Encouraging individuals to understand their strengths, limitations, and motivations



Strategic Development: Aligning personal and organisational goals with long-term vision



Culture: Cultivating environments that support collaboration, innovation, and shared values



Leadership: Developing leaders who inspire, guide, and adapt



Training: Equipping teams with the skills and knowledge needed to excel

Development is not a one-size-fits-all endeavour

That's why **Howe To Consultancy** works closely with organisations to understand how their teams function, what drives success, and where untapped potential lies. Through structured evaluation and collaborative analysis, the Pentagon of Development becomes a living framework; one that evolves with your organisation and supports its strategic ambitions.

GIVE IT A GO! In the next edition of **H2N** we will invite you to give the Pentagon Of Development a try by giving you examples of how each pillar can benefit your business or organisation!

development opportunities

DEVELOPMENT OPPORTUNITIES FROM HOWETO CONSULTANCY & OTHER PROVIDERS

Insights Discovery Programme

£275
including
lunch



Tuesday 21 October
9.30-17.00



The Woburn Inn, 1 George
Street, Woburn, MK17 9PX



bex.howe@howetoconsultancy.
co.uk or call 07957 463581

Insights Discovery is suitable for all levels and gives learners the foundation of self-awareness they will need to be successful at whatever they do; whether that's developing themselves, working effectively as part of a team,

or leading others with authenticity and success. Through Insights Discovery, individuals will gain a common language that has wide-ranging benefits, including connecting colleagues across geographical and cultural boundaries,

and providing a safe platform for feedback.

For further information, and pricing details, please visit our website www.howetoconsultancy.co.uk.

Roots, Leaves & Wings

£156
including
lunch



Friday 3 October
9.30-16.00



The Woburn Inn, 1 George
Street, Woburn, MK17 9PX



bex.howe@howetoconsultancy.
co.uk or call 07957 463581

I am delighted to finally be able to officially promote the Roots, Leaves and Wings curriculum, purposefully designed to meet the additional, and often complex, needs of those children in our mainstream schools. If you would like to know more about Roots, Leaves and Wings then please join me. The morning session will focus on Roots, Leaves and

Wings with the full programme and resources being revealed. The afternoon session will feature practical-based learning and therapeutic workshops which will support this programme (delivered by specialist practitioners). **NB.** All those who attend will have the exclusive opportunity to purchase the full programme and all materials

at a 40% discounted price of £360.

NB. All those who attend will have the exclusive opportunity to purchase the full programme and all materials at a 40% discounted price of £360.

For further information, please visit our website www.howetoconsultancy.co.uk.

Elevate Writing with Confidence

£95
including
lunch



Thursday 6 November
13.00-16.30



The Woburn Inn, 1 George
Street, Woburn, MK17 9PX



bex.howe@howetoconsultancy.
co.uk or call 07957 463581

Get ready for the new DfE Writing Framework with this energising half-day training designed to equip educators with the tools and strategies to raise writing standards across your school. In just 3.5 hours, participants will:

- Explore practical techniques for sentence mastery and the full writing process
- Engage in interactive activities that build confidence and clarity in teaching writing
- Leave with a ready-to-implement action plan and a suite of classroom resources to make an immediate impact

Whether you're leading literacy or supporting classroom practice, this session offers a powerful blend of insight, inspiration, and practical takeaways to help every learner thrive.

For further information, please visit our website www.howetoconsultancy.co.uk.



Virtual
Training



Consultancy
and review



On-site
Training



SBC
Safeguarding & Behaviour Consultancy

**A certified Supervisor with ten years experience as a
Senior Leader for safeguarding and behaviour**

Safeguarding Supervision

**Safeguarding supervision is
crucial for professionals involved
in safeguarding activities.**

**It allows practitioners to
thoughtfully reflect on their
work, consider various
alternatives, and refine their
practices.**

**A positive supervisory
experience enhances decision-
making abilities, mitigates stress
and burnout, improves
performance, and aids in staff
retention.**

**Effective supervision also fosters
a strong safeguarding culture
within organisations.**

**Facilitates
capable,
efficient, and
independent
decision-
making**

**Assist staff in
developing
comprehensive
plans aimed at
fostering positive
outcomes for
children and
families.**

**Cultivates a
relationship that
ensures staff
feel appreciated,
supported, and
motivated**

**Foster the
growth of
employees'
emotional
resilience and
self-awareness**

**Promotes a
culture of
continuous
learning within
the organisation**

For more information, or to arrange a discussion, please do not hesitate to get in touch.



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07549 669923



Virtual
Training



Consultancy
and review



On-site
Training



Safeguarding Support and Consultancy

Safeguarding is everyone's responsibility!

As a seasoned Senior Leader in the educational sector, I bring extensive experience in safeguarding, demonstrating a deep commitment to ensuring the welfare and protection of children and young people.

My comprehensive understanding of safeguarding policies and procedures is complemented by a proactive approach to implementing effective strategies that foster a safe and inclusive environment. I excel in training and supporting staff, ensuring they are equipped with the necessary skills and knowledge to identify and address safeguarding concerns.

My collaborative nature enables me to work effectively with multi-agency teams, driving a culture of vigilance and empathy across organisations.

Since forming SBC, I now have the privilege of working with like minded professionals with a passion for keeping children safe.

Sessions can be held in person or virtually.

If you would like to discuss any areas of development or support SBC can provide, please contact me.

Training

- Safeguarding
- Prevent
- County Lines
- Contextual Safeguarding

Supervision

- DSL
- DDSL
- Behaviour Lead

Individual or
group sessions

Coaching and
Mentoring for newly
appointed
DSL/DDSL's, support
with audits, reviews
and processes.

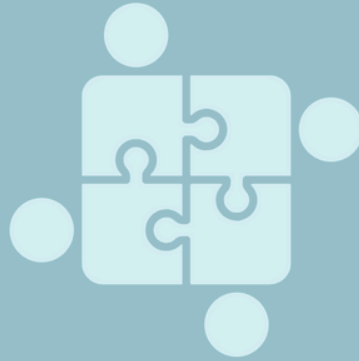


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07549 669923

Future Resilience



As an ex headteacher in multiple schools I always wanted...

Leaders who were strategic rather than operational

Leaders who had the energy, curiosity and capacity to be high performing

Future leaders who had the leadership skills to thrive



How resilient are we?

We can assess where your organisation's resilience is currently at and help you track it to see how it improves



What strategies can help build resilience?

We can deliver bespoke workshops that introduce evidence based strategies that work



How can we apply and sustain these changes?

We offer professionally qualified executive leadership coaches to deliver 1-1 or group/team coaching to help you decide what actions you need to take to build the capacity that will meet and exceed your demands



Book a call now to tell us what you need so we can tailor a package to suit you

Mark Little
Founder of Future Resilience

 **07906 364349**
 **mark@futereres.co.uk**

