



# SSPP School News

8<sup>th</sup> March 2024 Issue 23



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**THE GREATEST  
GIFT IS A  
PASSION FOR  
READING**

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# SS Peter and Paul's Catholic Primary School

## The Good Shepherd Catholic Trust

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*We show our love for God, in the way we treat each other.  
Together we follow Jesus, by learning, and sharing our gifts.*

Dear Parents, Carers and Friends of SS Peter and Paul's,

We hope this newsletter finds you well and filled with the joy of the season of Lent.

Yesterday, we celebrated World Book Day with great enthusiasm. It was a delight to witness our staff and children adorned in their much-loved book character costumes, bringing to life the pages of our favourite stories. The school was buzzing with excitement as pupils shared their favourite tales and adventures. Thank you to Mr. Roca-Mas for his dedication in organising the school's book week events. I also extend my gratitude to our class teachers for their efforts in making the last couple of days memorable through engaging text activities. This afternoon, the school came together to share the work they have been doing around our whole school text – 'Me in the Middle' by Annette Demetriou. It's wonderful how one book can inspire 392 children to share and celebrate their uniqueness and self-identity, qualities that make them who they are. Rights Respecting Article 8 emphasises the importance of respecting and protecting a child's identity, and it is great to see how books are carefully chosen to help explore this concept.

On Wednesday, we had the pleasure of hosting seven local schools for Redbridge's Choir Competition. Our talented children showcased their musical prowess with their rendition of 'Blinded by Your Grace' by Stormzy. We're thrilled to share that the feedback received was excellent! Our choir members were described as confident performers with great stage presence. We eagerly await the results of the competition and are immensely proud of our pupils' hard work and dedication. Having the Head of the Redbridge Music Service in school was a great opportunity for us to discuss what music opportunities are available for families to access out of school. To find out further information visit here:

<https://ukvisionrcl.speedadmin.dk/registration/> In the coming months, I will also be exploring ways in which the service can support teachers in delivering the music curriculum. As a school, we appreciate your continued support in nurturing our students' love for literature and music.

It feels like a long time ago now, but this time last week, the children were having a blast! The School Disco was a success, and the children had an enjoyable time dancing with their peers. The PTA raised a total of £779.78. Look out for posters advertising their next event – the Easter Colouring In Competition and the Easter Bonnet Competition – posters will be going up next week. Thank you to the organisers for putting together an evening to remember.

I greatly appreciate parents who are adhering to the school's expectations when coming into school at the beginning and end of the day; it is important that we are respectful of the boundaries put in place as they are there to keep you and your children safe. Any medication coming into school must come through the school office (not book bags); parents need to sign the medical form at the school office giving staff permission to administer medication.

Don't forget that we have Parent Consultation Day on Tuesday. School will close at 1:30pm with meetings beginning at 2.00pm. Books will go home on Monday. Please make time to go through your child's work and comment on their progress so far. Your feedback is valuable. I will also be handing out a parent questionnaire to find out your views on our school – I look forward to seeing you all.

As we journey through Lent together, let us open our hearts to God's love and grace. May this season be a time of spiritual growth, renewal, and transformation for each and every one of us.

Wishing you a blessed week ahead.

Warm regards,  
Ms. Osei  
Headteacher

### Headteacher

Ms Osei

### Deputy Headteacher

Mrs Hull

### Assistant Headteacher

Mr Roca-Mas

### DATES FOR YOUR DIARY

#### Monday 11<sup>th</sup> March

Books home for one night

#### Tuesday 12<sup>th</sup> March

Parent Consultations Afternoon

#### Wednesday 13<sup>th</sup> March

Y6 Junior Citizenship

#### Wednesday 13<sup>th</sup> March

Young Carers Action Day

#### Thursday 14<sup>th</sup> March

5C Class Assembly

### LINKS

School Website:

<https://www.sspeterandpauls.redbridge.sch.uk/>

Twitter - X:

[https://twitter.com/SSPP\\_Primary](https://twitter.com/SSPP_Primary)

### UNICEF Article 17

*Every child has the right to reliable information from the mass media.*



You can get information in lots of ways – so long as it's safe  
U.N. Convention on the Rights of the Child Article 17

### Gospel Reflection (John 3:14-21)

Nicodemus, a teacher of the law, came to Jesus one night. Jesus said to him, "God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have everlasting life. God did not send his Son to condemn the world, but to save it and everyone who believes in him is saved."

It's our self-giving which helps to make the world a much better place. Think about what 'self-giving' means. Who are the most self-giving people that we know – they are people who put others' needs first? In what ways are those people self-giving?

See if you can remember the last time when you shared something or gave something up to help make someone else happy.

We all have gifts that we can give. How can we be self-giving, even in little ways, at home, at school or in the community in this coming week?

### Prayer for the week

Dear Lord Jesus, thank you for giving your life for us. Thank you too for all the kind people in our community who show us your way of love and self-giving. Amen

*"Jesus leads us to go out from ourselves more and more, to give ourselves and to serve others others."* Pope Francis

### Star Pupil Awards

N	Lennox & Leo
RC	Isaa
RK	Dragos
1M	Anastasia
1S	Cassidy
2B	Carla
2I	Dhiya
3P	Nevin
3W	Samuel
4A	Riddhi
4C	Diego
5C	Huda
5S	Kieran
6B	Arniv
6R	Ryan

### Attendance w/e 8<sup>th</sup> March 95.45%

Class	% (Target 95.5%) Class attendance weekly percentages since the 4 <sup>th</sup> September 2023  Gold = Highest Green = Above 96% Red = Below 96%
RC	93.91%
RK	95.65%
1M	89.31%
1S	96.00%
2B	97.67%
2I	98.57%
3P	95.20%
3W	96.80%
4A	87.39%
4C	93.48%
5C	98.40%
5S	97.69%
6B	95.56%
6R	99.26%



It is important that we always have the most up-to-date contact details you can provide. Please let the school office know if your contact details have changed or if additional people are collecting your child.

### Scooters and Bikes

When collecting children, please do not bring scooters or bikes past the main school gate and into the playground. This includes allowing younger siblings to ride to the collection lines.

Please make use of the ample scooter and bike racks at the front of the school and then collect these as you leave.



### Upcoming Dates

#### Monday 11<sup>th</sup> March

Books home for one night

#### Tuesday 12<sup>th</sup> March

Parent Consultations Afternoon

#### Wednesday 13<sup>th</sup> March

Y6 Junior Citizenship

#### Wednesday 13<sup>th</sup> March

Young Carers Action Day





#### Thursday 14<sup>th</sup> March

5C Class Assembly





## Final House Points Totals

NEWMAN		4389
MANNING		4686
VAUGHAN		5727
WISEMAN		6158



## SCHOOL NEWS

### Saint of the Week: St Casimir (1458–1484)

Saint Casimir was born on October 3, 1458, the second son and third child in the Polish royal family. King Casimir IV's father had converted to Catholicism from paganism and introduced Christianity to Lithuania. King Casimir IV was, therefore, raised in a good Catholic home which he also provided to his children. A faithful Catholic herself, Queen Elizabeth was the loving mother of her thirteen children.

As children born into royalty, Casimir and his siblings were well educated. From the age of nine until sixteen, Casimir and his older brother were tutored by a Polish priest named Father Jan Długosz. This good priest taught the boys Latin, German, law, history, rhetoric, and classical literature.

Casimir had no desire for power, war, riches, or nobility. Father Długosz had taught him well, and Casimir had fallen in love with his God and the Blessed Virgin. He prayed frequently, often slept on the floor, engaged in other penitential practices, spent entire nights meditating on the Passion of our Lord, dressed simply, and desired to live a life of chastity. He was charitable to the poor, manifested the virtues, and edified all who encountered him. He especially had a deep devotion to our Blessed Mother and each day sang an ancient hymn called, "Daily, Daily Sing to Mary."

After his death, devotion to Casimir quickly exploded. Many people prayed to him, and many attributed miracles to his intercession. One notable miracle took place in 1519 when the Lithuanian army was engaged in battle with the Russians. It is said that Saint Casimir appeared to the Lithuanian soldiers in a vision and directed them to a place where they could best defend their city, which they successfully did. This might be the reason that Saint Casimir is the patron saint of both Poland and Lithuania.

*Saint Casimir, at an early age you fell in love with God and the Blessed Virgin Mary. You prayed to them unceasingly and devoted your life to their service. You were a true prince in the court of the Great King of Heaven. Please pray for me, that I will always avoid the lures of this world, keeping my eyes fixed only on Heaven. Saint Casimir, pray for me.*



## Rights Respecting / Global Action – Miss Ionita's Weekly Information

### World Book Day and Children's Rights

World Book Day was created by UNESCO on 23<sup>rd</sup> April 1995 as a worldwide celebration of books and reading. In countries around the world it is celebrated on the anniversary of that date, but in the UK it is generally marked on the first Thursday of March. Spending just 10 minutes a day reading and sharing stories can make a crucial difference to your future success and is fun for all involved.

That's why World Book Day continues to encourage children and young people to read for pleasure through its work with authors, illustrators, publishers, bookshops and libraries.

#### Linked Articles:

Article 17 (access to information from the media) - Every child has the right to reliable information from a variety of sources, and governments should encourage the media to provide information that children can understand. Governments must help protect children from materials that could harm them.

Article 29 (goals of education) - Education must develop every child's personality, talents and abilities to the full. It must encourage the child's respect for human rights, as well as respect for their parents, their own and other cultures and the environment.

Article 31 (leisure, play and culture) - Every child has the right to relax, play and take part in a wide range of cultural and artistic activities.

Many books you have in school will be linked to rights. Choose three books from your classroom or school library and see if you can link them to Articles? How many Articles can your class come up with all together? Bring your findings written down to Mrs Ionita.



## West Ham Corner

If you saw the result only, that West Ham had secured a 3-1 away win at Everton, you might have thought that everything was once again rosy in the land of bubbles.

Having watched the game, it could all have been very different had West Ham goalkeeper Areola not played the game of his life. Only we could win 3-1 and still have our goalie as the man of the match, securing the highest Premier League stat rating of any goalkeeper so far this season.

After going behind in the 56<sup>th</sup> minute (clearly another storming half time team talk from magic Moyes) we, quite frankly, were battered.

It was against the run of play that Zouma got us back in it, when he managed to hobble his way into the opponents penalty area and get his head on a JWP corner.

A point was an unfair reflection on Everton, but we were ready to rub further salt into that wound when Soucek turned into prime Bergkamp in the 91<sup>st</sup> minute scoring a goal worthy of any striker's hall-of-fame.

The icing on our cake then happened in the 95<sup>th</sup> minute, where Bowen and Alvarez sprinted the length of the pitch to round off the counter attack with Alvarez finishing expertly.

**Latest Result:** Everton 1 – 3 West Ham United

**League Position:** 7<sup>th</sup>



## Recommended Read Year 6



*Skandar Smith has always yearned to leave the Mainland and escape to the secretive Island, where wild unicorns roam free. He's spent years studying for his Hatchery exam, the annual test that selects a handful of Mainlander thirteen-year-olds to train to become unicorn riders. But on the day of Skandar's exam, things go horribly wrong, and his hopes are shattered...until a mysterious figure knocks on his door at midnight, bearing a message: the Island is in peril and Skandar must answer its call.*

*Skandar is thrust into a world of epic sky battles, dangerous clashes with wild unicorns, and rumors of a shadowy villain amassing a unicorn army. And the closer Skandar grows to his newfound friends and community of riders, the harder it becomes to keep his secrets—especially when he discovers their lives may all be in graver danger than he ever imagined'*

If you liked this then try:

+ 'Skandar And The Phantom Rider' by A.F.Steadman

+ 'Fireborn' by Aisling Fowler



## Top Ten

These are the current SSPP top ten pupils:

Rank	Name	Year Group
1	Nathaniel	Year 4
2	Kevin	Year 4
3	Bhavagnya	Year 5
4	Harleen	Year 6
5	Eden	Year 6
6	Manasvi	Year 4
7	Micajah	Year 4
8	Ram	Year 3
9	Allyson	Year 4
10	Joab	Year 4

## Community News



We wish all of the mothers, grandmothers, aunts and ladies who care for the children in our school a blessed 'Mother's Day' on Sunday.



## Recent Tweets – @SSPP\_Primary



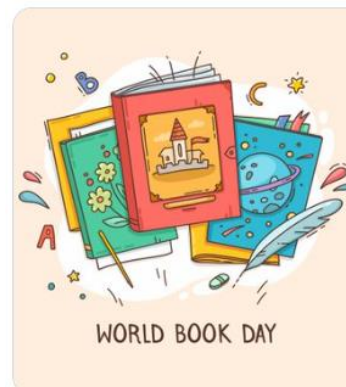
**SSPPCatholicPrimary**  
@SSPP\_Primary

3P & 4A have been working hard, learning to play a musical instrument. With the help of Mr Brangwyn from Redbridge Music School, 3P learned the djembe drum & for 4A it was the ukulele. They were able to show off their skills by performing to their parents and other children.



**SSPPCatholicPrimary**  
@SSPP\_Primary

Happy #WorldBookDay2024. We've gone retro at #SSPP this year & are just celebrating books. Children are dressed as their favourite characters, the whole school is exploring the book 'Me In The Middle' & a competition has been launched using 'So You Want To Build A Library'.





# #BOOKMATCH

© The Reader Teacher

Books for fans of Michael Morpurgo



**IF YOU LIKE MICHAEL MORPURGO, READ THESE**

For more #BookMatch & similar suggested reads, visit [TheReaderTeacher.com](http://TheReaderTeacher.com)

## Author Book Match



### Michael Morpurgo

- + War Horse
- + Private Peaceful
- + Kensuke's Kingdom
- + The Butterfly Lion
- + Running Wild
- + The Amazing Story of Adolphus Tips

# READING MATTERS!

HERE'S THE IMPACT OF READING 20 MINUTES PER DAY!

## A STUDENT WHO READS



1,800,000  
WORDS PER YEAR



282,000  
WORDS PER YEAR



8,000  
WORDS PER YEAR

WILL BE EXPOSED TO

## THE IMPORTANCE OF READING

- IMPROVE YOUR COMMUNICATION SKILLS
- EDUCATES YOU
- KEEP YOUR BRAIN HEALTHY
- REDUCES STRESS AND ANXIETY
- MOTIVATE AND INSPIRES YOU
- STIMULATES YOUR CREATIVITY
- STRENGTHENS YOUR WRITING ABILITIES

## Parent Consultations

Parent Consultations should be booked via Scopay, ready for the appointments on **Tuesday 12<sup>th</sup> March**.

Your child's books will come home with them on Monday 11<sup>th</sup> March to give you the chance to look through them. These will include their RE Book, Maths Book, English Extended Writing Book and Reciprocal Reading Book. Please look after these and make a comment on the correct slip within each book.

It is important that they are all returned the following day as they will be used in class straight away.





## World Book Day

This year, we reverted to a more traditional approach to World Book Day, giving the children the chance to dress up as their favourite or iconic book characters.

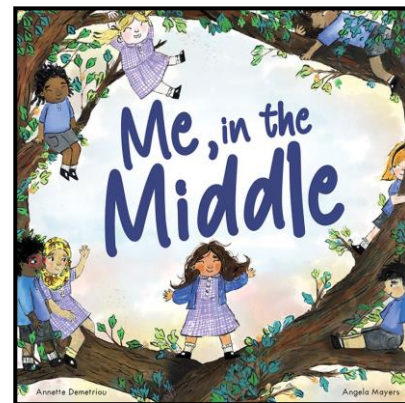
We really do celebrate books all-year-round at SSPP, but it is nice to have a week where this becomes a national focus.





## Book Week – School-Wide Text

Our whole school have been making use of the book 'Me In The Middle' by Annette Demetriou. This tells the story of Georgie who is asked to point to the place her parents come from on a map, but she doesn't know which parent to choose – her dad is from Africa but her mum is from the UK. She finds it hard to see where she fits in. We came together on Friday to share how this had been used in each year group.



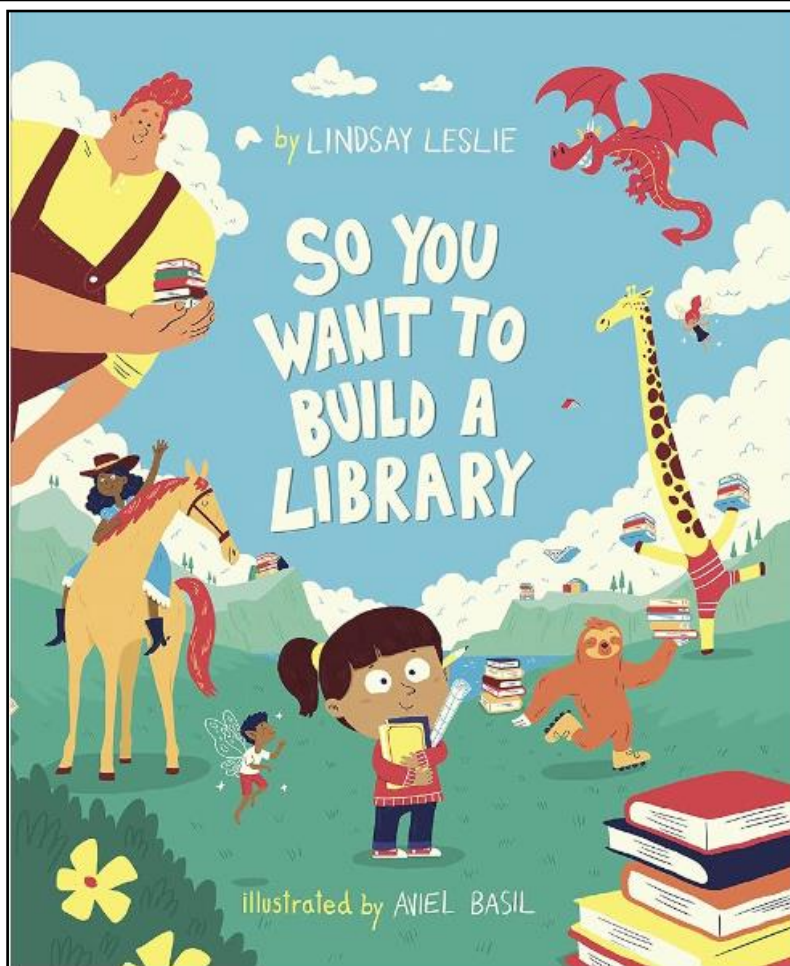
## World Book Day – Competition

After reading the book 'So You Want To Build A Library' by Lindsay Leslie, we have launched a competition to **design your dream library** – the ideal space for **you** to enjoy books! There is a template loaded to each Google Classroom, although you **do not** need to print it and use it. Your entry must include your own name and class.

Competition Deadline:

**Wednesday 20<sup>th</sup> March.**

Think about showing off the whole inside of your library, filled with all the features you think would make it the best library on the planet!





# Stewardship

*Caring for the earth is integral to our task of tackling the scandal of global poverty, vulnerability, inequality, injustice and exclusion. It is neither optional nor secondary.*

*Following an integral ecology approach, we hear the inseparable cry of the earth and cry of the poor and respond holistically.*



## Big Walk & Wheel

We have some exciting news for you! We are taking part in the 15<sup>th</sup> year celebration of Sustrans Big Walk and Wheel, the UK's largest inter-school cycling, walking, wheeling and scooting challenge. The challenge runs from **11<sup>th</sup> – 22<sup>nd</sup> March 2024**. It's free to take part and we would love everyone to be involved.



## What do you need to do?

Encourage your child(ren) to walk, use a wheelchair, scoot or cycle to school on as many days as possible during the event. If you travel by bus or car and walk for 10 minutes either side of your journey, this will count too.

## Why we are taking part

Sustrans Big Walk and Wheel is a great way to build physical activity in children's daily routine which is important for their physical health and mental wellbeing.

Active school runs also help to reduce congestion and air pollution outside the school gate.

[A 2021 YouGov study](#) showed nearly half of UK children worry about air pollution near their school. And that children thought active travel was the best way to bring down these pollution levels. Plus there are some great prizes to be won every day if we get enough children taking part!

## Useful resources

To help you prepare, Sustrans has developed a handy free guide to walking, cycling or scooting to school. It is packed with advice to help you have hassle-free journey to school.

Download your free family guide using this link: <https://www.sustrans.org.uk/sign-up-to-receive-your-free-school-run-guide/>

For more information about the event go to [www.bigwalkandwheel.org.uk](http://www.bigwalkandwheel.org.uk) . Enjoy the challenge!

## Choir Hosting

It was a pleasure to host and take part in one of the 'Primary Choir of the Year' heats on Thursday. Our own school choir was joined by others from our locality in a morning being run by members of the Redbridge Music Service team.

We aren't biased in anyway, but it was clear who were the best group there – let's hope those judging agree!



## INSET Days – Advanced Warning

Please take note that we have finalised the last two INSET Days of this academic year.

These will be on **Monday 3<sup>rd</sup> June 2024** and **Tuesday 23<sup>rd</sup> July 2024**.

The school will be closed to children on these two days.

Therefore the final day of the Summer Term for children will be Monday 22<sup>nd</sup> July 2024, where we will finish at 1:30pm.



## Primary Engineer – Competition

This Primary Engineer competition invites learners aged 3 to 19 to imagine what problem they would most like to solve if they were an engineer. They are encouraged to interview an engineer, ask questions that engage their curiosity and identify a problem that engineering can solve. Having identified a problem that matters to them, they next design, draw and annotate an engineering solution, before writing a letter explaining to an engineer why it should be built.

- The activities involved provide learners with the opportunity to practice a range of skills, including creativity, observation, critical thinking, problem solving and visual, written and verbal communication.
- To find out more and register, visit the [Leaders Award website](#). Entries must be submitted by **22<sup>nd</sup> March 2024**.

Primary Engineer®  
...the first step



## World Book Day – Tokens

Your child will have received a World Book Day Token. This token can be used as part-payment towards any book in many major bookstores. They can also be exchanged for any of the books seen above. Many supermarkets also stock these.





**1** A bunch of 5 bananas cost £2



How much do 20 bananas cost?

**2** Complete

$$94 - 3 \text{ tens} = \square$$

$$94 - 3 \text{ ones} = \square$$

$$94 - 5 \square = 44$$

$$94 - \square \text{ ones} = 90$$

$$94 - \square \text{ ones} = 80$$



The answer to the KS2 problem seen in our last Newsletter:

**1** Here are some scales.



Which is the heavier box, A or B?

Explain your answer.

Box B must be heavier because 10 kg is heavier than 25g but the scales are balanced.

**2** A shop sells these fruits.



Strawberries  
£2.20 per  $\frac{1}{2}$  kg



Cherries  
£3.50 per  $\frac{1}{4}$  kg

Megan buys

- 2 kg of strawberries and
- 750 grams of cherries

How much does she spend in total?

Megan spends £19.30 in total.



## Online Safety

As part of our continued drive to offer advice and support for all aspects of digital/online safety, we are going to showcase weekly information from the National Online Safety resources which can be found at:

<https://nationalcollege.com/categories/online-safety>

According to the National Literacy Trust, reading to children under five brings numerous advantages, including feelings of reassurance, relaxation and happiness. For even younger ones, meanwhile, having a grown-up read to them frequently can be an incredible springboard as they learn to comprehend language more fully and start to use it for themselves.

Recent research suggests, however, that less than half of 0- to 2-year-olds are actually read to every day (or nearly every day) at home – meaning that many little ones would benefit from more inspiration and support at this critical juncture in their development. Our guide has practical tips for parents and practitioners on helping children to experience the joy of story time.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

## 10 Top Tips for Parents and Educators

# PROMOTING STORYTIME

Being read to regularly can help the under-fives in acquiring literacy; teaches them the value of books and stories; and sparks their imagination and curiosity. Reading to babies, meanwhile, provides the building blocks of language development and the beginnings of social and emotional skills. Here are our top tips for helping children discover the wonder of stories.

### 1 BE A READING ROLE MODEL

Children thrive on copying the behaviours of adults around them, so it's vital to model regular reading habits: if your child sees you reading, they're likely to copy you. Reading on a screen could be misinterpreted by a child as a different activity, so a printed book is preferable.

### 2 JOIN A LIBRARY

Local libraries are a cost-effective way of introducing your child to new books. Libraries often host free events to build engagement with reading. Librarians can recommend books based on age, interests, genre or author. Having their own library card and choosing their next read can be exciting for little ones.

### 3 TAKE IT IN TURNS

Taking turns to read and turn the pages can build your child's confidence and lets you model what's expected. For younger ones, reading doesn't have to mean the exact words on the page – they might prefer their own version! Reading to different audiences is useful: toddlers are excellent listeners!

### 4 CATER TO THEIR INTERESTS

Like adults, children tend to favour books with themes they're interested in. If they're less keen to move away from their preferred subject matter, you could vary the type of book they read by swapping between fiction and non-fiction. There'll be plenty of scope to diversify as they grow up.

### 5 BUILD READING INTO YOUR DAILY ROUTINE

Building reading into your daily routine will have a positive impact. Just before bedtime is ideal for many families, helping settle the child to sleep. The adult usually reads the story, but children enjoy more interactivity as they get older. It can be handy to have books with you when out and about.

### 6 USE PICTURES AND PROPS

Most children's books contain beautiful illustrations which enrich the text. Spend time discussing these with your child and pointing things out. As well as doing voices for different characters and making any relevant noises, you could also enhance story time with props such as toys or puppets.

### 7 RELISH THE LANGUAGE

The language in children's books is varied and rich; sometimes they might include words children are less familiar with, so you can take the opportunity to explain what they mean. With younger children, you could try paraphrasing certain sentences afterwards to help with understanding.

### 8 A COMFORTABLE ENVIRONMENT

Where possible, read to your child in an environment that's free from distractions. This helps children to get fully immersed in the experience, supporting their concentration and engagement. Doing this often can help to build up the child's ability to focus for greater lengths of time.

### 9 TAKE REGULAR BREAKS

Although reading can be hugely enjoyable, children can sometimes struggle to sit for long periods or to engage with texts fully. Have regular breaks: reading a few pages is better than none. You could also have some movement breaks – there's no particular 'right' or 'wrong' way to enjoy a story.

### 10 RE-READ FAVOURITES

Most children have certain stories that they love hearing again and again. This repetition lets them become familiar with language patterns and more engaged by being able to join in. Shopping other books by your child's preferred author can help them to discover new favourites.

### Meet Our Expert

Kara Kieran has worked in senior leadership positions (both in the UK and internationally) for 15 years, supported by an MEd in Educational Leadership. As an educational consultant, she now delivers training for a range of organisations – notably on EYF5 practice and child development. Previously, Kara was head of a nursery and junior school and has also been a director of early years.



#WakeUpWednesday

The National College

Source: <https://nationalcollege.com/blog/reading-to-your-child-a-simple-but-not-to-be-underestimated/> | <https://cdn.booktrust.org.uk/globalassets/resources/research/benefits-of-reading-booktrust-2023.pdf> | <https://www.education.gov.uk/guidance/reading-to-your-child>



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@wake.up.weds

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Join in the celebration  
and discover how you  
can change your world by  
changing your journey

- ✓ Be active and feel more energised
- ✓ Help the environment by replacing a car journey
- ✓ Help your school win some fantastic prizes

Are you taking part  
in the UK's biggest walking, wheeling,  
scooting and cycling to school competition?

[www.BigWalkAndWheel.org.uk](http://www.BigWalkAndWheel.org.uk)

Headline sponsor:

**SCHWALBE**

Sustrans is a registered charity no. 326550 (England and Wales) SC039263 (Scotland). © Sustrans 2024

**sustrans**  
JOIN THE MOVEMENT



# REDBRIDGE EASTER HOLIDAY FUN

London Borough of  
Redbridge

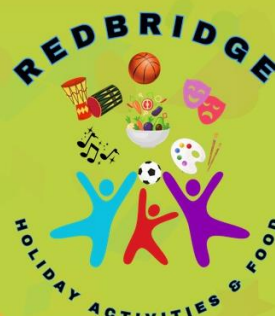


**APRIL  
2nd to 5th  
2024**

**Free activities ✓  
New skills ✓  
Free meals ✓  
New friends ✓**

**IS YOUR CHILD  
IN RECEPTION TO  
YEAR 11 AND IN  
RECEIPT OF BENEFIT RELATED  
FREE SCHOOL MEALS?**

**Enjoy sports,  
arts & crafts,  
drama, cooking  
and MUCH MORE!**



**SCAN ME  
TO BOOK**

**TO BOOK YOUR PLACE - SCAN THIS QR CODE, VISIT  
[HTTPS://FIND.REDBRIDGE.GOV.UK/HAF](https://find.redbridge.gov.uk/haf)  
OR EMAIL [HAF@REDBRIDGE.GOV.UK](mailto:haf@redbridge.gov.uk)**

Funded by



**Department  
for Education**

# Are you struggling with the cost-of-living?

It's a difficult time for everyone and many people are struggling to cover their essential living costs. We're all paying a lot more for energy, food, and vital bills like rent.

We have developed a webpage full of information, tips, and ideas to help in these tough times. Visit <https://costofliving.redbridge.gov.uk> to get information on:

- cost of living events
- warm spaces
- foodbanks
- maximising income
- managing bills
- general cost of living support



<https://costofliving.redbridge.gov.uk>



# Redbridge Holiday Fun

## H A F N E W S L E T T E R



### Holiday Fun News:

Welcome to the second issue of our HAF newsletter. We hope these updates will provide you with helpful information, including upcoming dates and the great activities on offer.

This Easter, we return to some of our great venues across the borough including St Augustine's, Frenford Clubs, Hainault Youth Centre and Uphall Primary School.

Some of our dedicated holiday providers this Easter include *Leyton Orient* who have added a brand new Drama workshop.

*Kids In Charge* strive to keep things fresh with wholesome Cooking sessions.

While new provider *Learning Hive* will be bringing the fun with a Comic Book workshop, Gymnastics and Archery!

For the FULL list of providers and amazing activities, visit our booking page from 6th of March [HERE](#).

Best, Redbridge HAF Team

### Important Dates:

#### 29th February

HAF referrals for professionals working with families can be made here:

<https://forms.office.com/e/qnzdp8R7wB>

#### 6th March

Easter HAF bookings officially open. Register your child(ren) here:

<https://eequ.org/redbridgehaf>

#### 22nd March

Easter HAF referrals will close. Any submissions after this date will be a late referral and subject to availability.

#### 2nd - 5th April

## Redbridge Easter HAF!

### CONTACT US:

e: [haf@redbridge.gov.uk](mailto:haf@redbridge.gov.uk)

w: <https://find.redbridge.gov.uk/haf>

### Views from Parents:

Whether or not your child(ren) have attended a HAF session, we would love to hear your views. Your feedback helps us develop the service.

PLEASE COMPLETE OUR NEW SURVEY [HERE](#):

[https://engage.redbridge.gov.uk/redbridge-haf\\_programme/surveys/haf-parent-survey1](https://engage.redbridge.gov.uk/redbridge-haf_programme/surveys/haf-parent-survey1)



# TRANSITION TOWN ILFORD



We run events and activities to build a local community that is interconnected, resilient and self-reliant, where lost skills are rediscovered & new ones learned, and to promote the well-being of all living things

[www.transitionilford.org](http://www.transitionilford.org)

## FOREST GARDEN IN VALENTINES PARK

We are growing fruit, herbs, nuts, spices, berries, vegetables and edible flowers for all to share. Everyone is invited to join whenever or however you can. We tend to work on the site Friday mornings



## COMMUNITY ENERGY PROJECT

We are going to be running Energy Cafes to help with reducing energy and bills from May 2022 onwards and are recruiting and training volunteers. In the cold months we loan out an easy-to-use thermal camera to identify where your home or community is losing energy. We are working with Schools to develop solar energy

## REPAIR CAFE

This is being run fortnightly in Ilford library on Saturdays 2-3.45 pm. Bring broken, portable household items and broken stuff and let's see if we can mend it. (Not laptops or mobiles). Check dates before you come.



## GROWING FOOD GROWING FRIENDS

We give out seeds and compost to neighbours to grow food in their front gardens and to share tips with each other. A 100 local families were involved for our pilot in 2021 and we are running it again this year.

## COMMUNITY EVENTS

We have run Eco Community Markets, Food Fests, Plastic Free Ilford project, The Ilford Green Pop-Up market, skills swapping, and hope to run many more!



## FOOD COOP

We order organic dry foods in bulk so that members can eat healthy food at a reasonable price and with less packaging.



SUPPORTED BY  
**MAYOR OF LONDON**



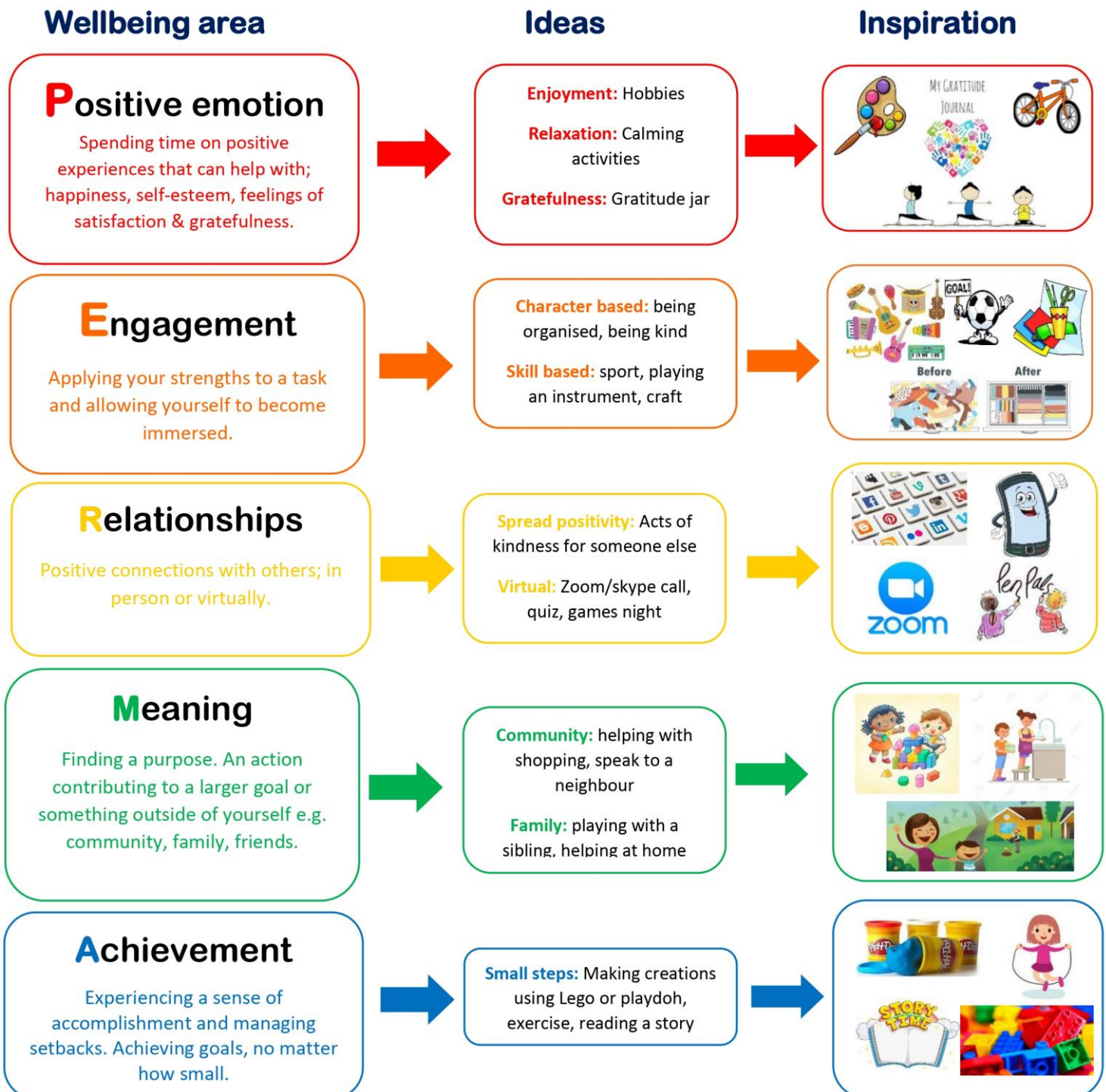


# Supporting children at home-

## The PERMA Model of wellbeing

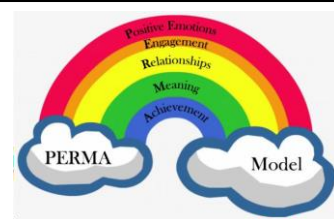
### Introduction

COVID-19 has given rise to increased levels of uncertainty and time spent at home. Positive Psychology focuses on strengths and people's ability to thrive. The PERMA acronym highlights 5 key areas for wellbeing that focus on strengths rather than difficulties. These are: **P**ositive emotion, **E**ngagement, **R**elationships, **M**eaning, **A**ccomplishment. The guide below outlines each area with ideas about how to explore these with children at home. The examples can be adapted based on your child and what they enjoy.



## Resources

Rainbows have been used as a symbol of hope throughout the current pandemic. In line with this, we have linked each area of wellbeing to a different colour of the rainbow. The image can be used as a visual reminder of the 5 areas of wellbeing. We have also provided a selection of free resources below.



### *Positive emotions*

#### **Cbeebies**

Simple relaxation and [mindfulness activities](#) to do together with your children.

#### **NHS Children's self-care kit**

Ideas for [self-care for children](#), including mindful colouring, laughing out loud & breathing exercises.

#### **Cosmic kids yoga**

[Youtube channel](#) offering kids yoga, mindfulness and relaxation.

#### **Gratitude Jar**

Activity sheet including [printable sentence starters](#) to help children think of ideas.

#### **Emotion wheel**

By identifying an image, children can convey their [current feelings](#) and explore these with an adult.

### *Engagement*

#### **Sport activity programme**

Fun '[Wellbeing Through Sport](#)' activities to do at home.

#### **ELSA activity calendar**

A [14-day calendar of activities](#), including mindfulness, crafts and positive thinking.

#### **Joanna Basford colouring**

Collection of free [colouring pages](#).

#### **Joe Wicks Fitness**

9am weekdays [live fitness](#) for adults & children.

### *Relationships*

#### **Power of kindness calendar**

The [calendar](#) helps children and young people learn about and carry out kind acts.

#### **Blue Peter Badges**

Children could earn a blue [badge](#) by writing a letter telling Blue Peter about their hobbies and interests.

### *Meaning*

#### **30 indoor activities**

Examples of [indoor activities](#) with limited resources needed.

### *Achievement*

**Origami** Easy [origami instructions](#).

**References:** Seligman, M. (2011). *Flourish: A New Understanding of Happiness and Wellbeing – and How to Achieve Them*. London: Nicholas Brealey Publishing. Seligman, M., & Csikszentmihalyi, M. (2000). Positive psychology: An introduction. *American Psychologist*, 16, 126–127. PERMA resources: <http://www.adampsychologyservices.co.uk/coronavirus.html>



# Spotlight on

Gear up for a term of training!



Our Parent Training is turning the spotlight on school SEND interventions and those named on EHCPs/I.E.P's. Brace yourself for a series of dynamic training events where we unravel the mysteries of interventions – what they are, how they unfold in schools, and most importantly, how you can be the superhero at home!

These hour-long sessions are your backstage pass to understanding, with opportunities to throw your burning questions into the mix and dive headfirst into the action.

**FREE** for Redbridge families. Other families are welcome to join for a small fee.



**FREE**

<b>Spotlight on</b> Visual strategies to support autism and social communication needs including PECS. <b>29th January 2024</b> 7.30-8.30pm	 <b>VISUALS/PECS/ SYMBOLS</b> <b>SPOTLIGHT ON</b> 29.1.24 — 7.30-8.30PM		<a href="https://www.eventbrite.co.uk/e/801864597597?aff=oddttdtcreator">https://www.eventbrite.co.uk/e/801864597597?aff=oddttdtcreator</a>
<b>Spotlight on</b> Numicon and practical maths ideas. <b>5th February 2024</b> 7.30-8.30pm	 <b>NUMICON/ PRACTICAL MATHS</b> <b>SPOTLIGHT ON</b> 5.2.24 — 7.30-8.30PM		<a href="https://www.eventbrite.co.uk/e/801967936687?aff=oddttdtcreator">https://www.eventbrite.co.uk/e/801967936687?aff=oddttdtcreator</a>
<b>Spotlight on</b> Practical ideas to support primary spelling and phonics <b>12th February 2024</b> 7.30-8.30pm	 <b>PRACTICAL SPELLING /PHONIC IDEAS</b> <b>SPOTLIGHT ON</b> 12.2.24 — 7.30-8.30PM		<a href="https://www.eventbrite.co.uk/e/801999801997?aff=oddttdtcreator">https://www.eventbrite.co.uk/e/801999801997?aff=oddttdtcreator</a>
<b>Spotlight on</b> Zones of Regulation/ managing emotions <b>26th February 2024</b> 7.30-8.30pm	 <b>ZONES OF REGULATION/ MANAGING EMOTIONS</b> <b>SPOTLIGHT ON</b> 26.2.24 — 7.30-8.30PM		<a href="https://www.eventbrite.co.uk/e/803381193777?aff=oddttdtcreator">https://www.eventbrite.co.uk/e/803381193777?aff=oddttdtcreator</a>
<b>SEaTSS information open session</b> <b>13th February 7.30-8.30pm</b> Session for new parents to SEaTSS, or any parent who would like to learn more about SEaTSS. <b>16th February 9.30-10.30 am</b>		 	<a href="https://www.eventbrite.co.uk/e/793070042847?aff=oddttdtcreator">https://www.eventbrite.co.uk/e/793070042847?aff=oddttdtcreator</a> <a href="https://www.eventbrite.co.uk/e/803407773277?aff=oddttdtcreator">https://www.eventbrite.co.uk/e/803407773277?aff=oddttdtcreator</a>
<b>Spotlight on</b> Supporting students who are pre-verbal / have communication needs Autism/ Social Communication <b>4th March 2024</b> 7.30-8.30pm	 <b>SUPPORTING COMMUNICATION NEEDS</b> <b>SPOTLIGHT ON</b> 4.3.24 — 7.30-8.30PM		<a href="https://www.eventbrite.co.uk/e/803416479317?aff=oddttdtcreator">https://www.eventbrite.co.uk/e/803416479317?aff=oddttdtcreator</a>

**FREE**

FREE

## Spotlight on

Sensory Circuits and active movement ideas

11th March 2024

7.30-8.30pm



SENSORY CIRCUITS  
SPOTLIGHT ON 11.3.24 — 7.30-8.30PM



<https://www.eventbrite.co.uk/e/803434212357?aff=oddtcreator>

## Spotlight on

EHCP - what are my rights?

18th March 2024

7.30-8.30pm



EHCP- WHAT ARE MY RIGHTS?  
SPOTLIGHT ON 18.3.24 — 7.30-8.30PM



<https://www.eventbrite.co.uk/e/803457181057?aff=oddtcreator>

## Spotlight on

ADHD- practical ideas to support attention and focus

25th March 2024

7.30-8.30pm



ADHD- PRIMARY PRACTICAL STRATEGIES  
SPOTLIGHT ON 25.3.24 — 7.30-8.30PM



<https://www.eventbrite.co.uk/e/803466228117?aff=oddtcreator>

## Spotlight on

Colourful semantics

1st April 2024

7.30-8.30pm



COLOURFUL SEMANTICS  
SPOTLIGHT ON 1.4.24 — 7.30-8.30PM



<https://www.eventbrite.co.uk/e/803472526957?aff=oddtcreator>

## Additional training sessions you can join this term

# Lunch and learn



These sessions cost £4.99, you can join the live 1 hr training over lunchtime.  
You will receive a 1 hr video of the training and a handout of resources.

We are currently offering a discount to all families who book an event through any of these social media platforms- click on here to access your discount code.

### Primary sessions 12.00-1.00 pm

Practical ideas when working with students who have dyslexia 29th January 2023	
Can't write/ Won't write 12th February 2023	
Zones of regulation 4th March 2023	
Precision Teaching 18th March 2023	

### Secondary sessions 12.00-1.00 pm

Revision strategies to support dyslexic learners 5th February 2023	
Revision- mind maps, graphic notation and strategies for the visual learner 26th February 2023	
Revision -IT/app's 11th March 2023	
Exam anxiety- emotional support 25th March 2023	



Use the QR code to see events on  
Eventbrite

Eventbrite





# RIASS

Redbridge Information, Advice & Support Service  
for Special Educational Needs & Disability



## RIASS Walk-in Surgeries

### Spring Term

#### **Mondays**

**9.30am - 2.30pm**

**Engagement  
Hub**

**Jubilee Gardens  
Ilford Lane  
IG1 2DX**

#### **Fridays**

**9.30am - 2.30pm**

**Gearies Children  
Centre**

**Waremead Road  
Gants Hill  
IG2 6TF**

**Walk-in Surgeries will  
not be held on**

**Friday 15th Dec  
Friday 5th Jan  
Friday 2nd March  
Friday 8th March  
Friday 15th March  
Friday 22nd March**

**Please note that these are  
walk-in surgeries and you may  
have to wait to see a member  
of the team**



# Redbridge Emotional Welling Mental Health Services



## Anna Freud Centre Resources

- Lingo booklet: provides insight into the experiences of young people when talking to adults/professionals about their mental health <https://www.annafreud.org/mental-health-professionals/improving-help/resources/lingo/>
- Talking mental health with young people in primary school: <https://www.annafreud.org/schools-and-colleges/resources/advice-for-parents-and-carers-talking-mental-health-with-young-people-at-primary-school/>
- Talking mental health with young people in secondary school: <https://www.annafreud.org/schools-and-colleges/resources/advice-for-parents-and-carers-talking-mental-health-with-young-people-at-secondary-school/>
- Supporting children's transition into secondary school: Guidance for parents/carers: evidence-based guidance package for parents that was written with input from clinicians at the AFC and teachers. <https://www.annafreud.org/schools-and-colleges/resources/supporting-childrens-transition-to-secondary-school-guidance-for-parents-and-carers/>



## Child Psychotherapy

- Understanding childhood: contains a series of leaflets written by experienced Child and Adolescent Psychotherapists to give parents, grandparents, carers and professionals' additional insight into children's feelings and view of the world and to help make sense of their behaviour. <https://childpsychotherapy.org.uk/resources-families/understanding-childhood>



## Redbridge EWMHS/CAMHS

- ADHD Resources for parents: with information on organizations that parents can refer to for extra support for their child, including support in the education section, parenting programs, and online courses for parents/carers. (attached)
- Official Redbridge EWMHS/CAMHS Resource Booklets <https://www.nelft.nhs.uk/redbridge-camhs>



## YoungMinds

- Apart from having great resources for parents/carers regarding young people's mental health, they also have a parenting support helpline that you are able to call.
  - Offer advice to parents/carers concerned about their child's mental health up to the age of 25.
  - Helpline: 0808 802 5544 (9:30am-4pm Monday to Friday) FREE
  - Webchat service (9:30am-4pm Monday to Friday) – on bottom right hand corner, click the webchat icon
  - Email service (temporarily closed)
  - [Parents Helpline | Mental Health Help for Your Child | YoungMinds](#)



## Gov.Uk

- UK Government website also has a section called the Education Hub where they provide lists of resources for children, students, parents, school staff that you can access for free.
- [Mental health resources for children, students, parents, carers and school/college staff - The Education Hub \(blog.gov.uk\)](#)



# Google Classrooms – Help Sheet



Google Classroom

## What is Google Classroom?

Google Classroom is a class-organisation platform that incorporates Google's core G Suite (Google Docs, Sheets, Slides, Drive) and other Google products so students can access everything they need for a class, including homework assignments, group projects and files. Google Classroom is designed for organisation and collaboration. We will be using Google Classroom to assign homework as well as within school to improve children's digital literacy.

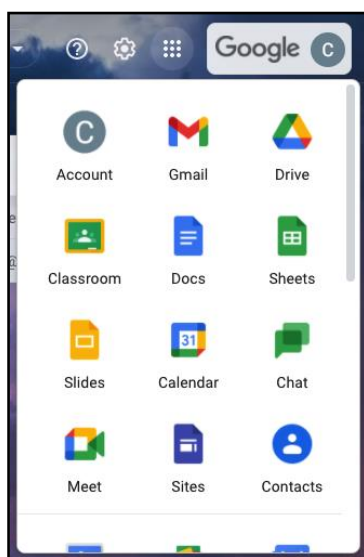
## How do you log into a Google Classroom?

Your child has been given a username (email address) and a password, these should be stuck inside their communication or homework books. You have also received an email and/or text with the information. To access it you can search 'Google login', once you have logged in using the username and password you have access to email, classroom and Google drive (a storage system that uses the Google version of Word, Excel and PowerPoint).

When you log in look for the 'waffle' (the nine dots).



You will then see these options and you select 'Classroom'



Each class is private to the people the teacher has personally invited, including the students enrolled in that class and other teachers. Once your child has accessed a class, they can use all the features the teacher has enabled for that class, including class schedules, assignments and announcements.

## Can you use Google Classroom at home?

Children can access Google Classroom from anywhere, including from their phones or tablets, when they download the Google Classroom app.

## How does my child find out about new stuff posted in Google Classroom?

Your child will receive an email when the teacher posts an announcement. These emails come through your child's email account, not solely in the Classroom. Classrooms do not alert you when an assignment is due; to keep track of deadlines, kids need to check the class calendar.