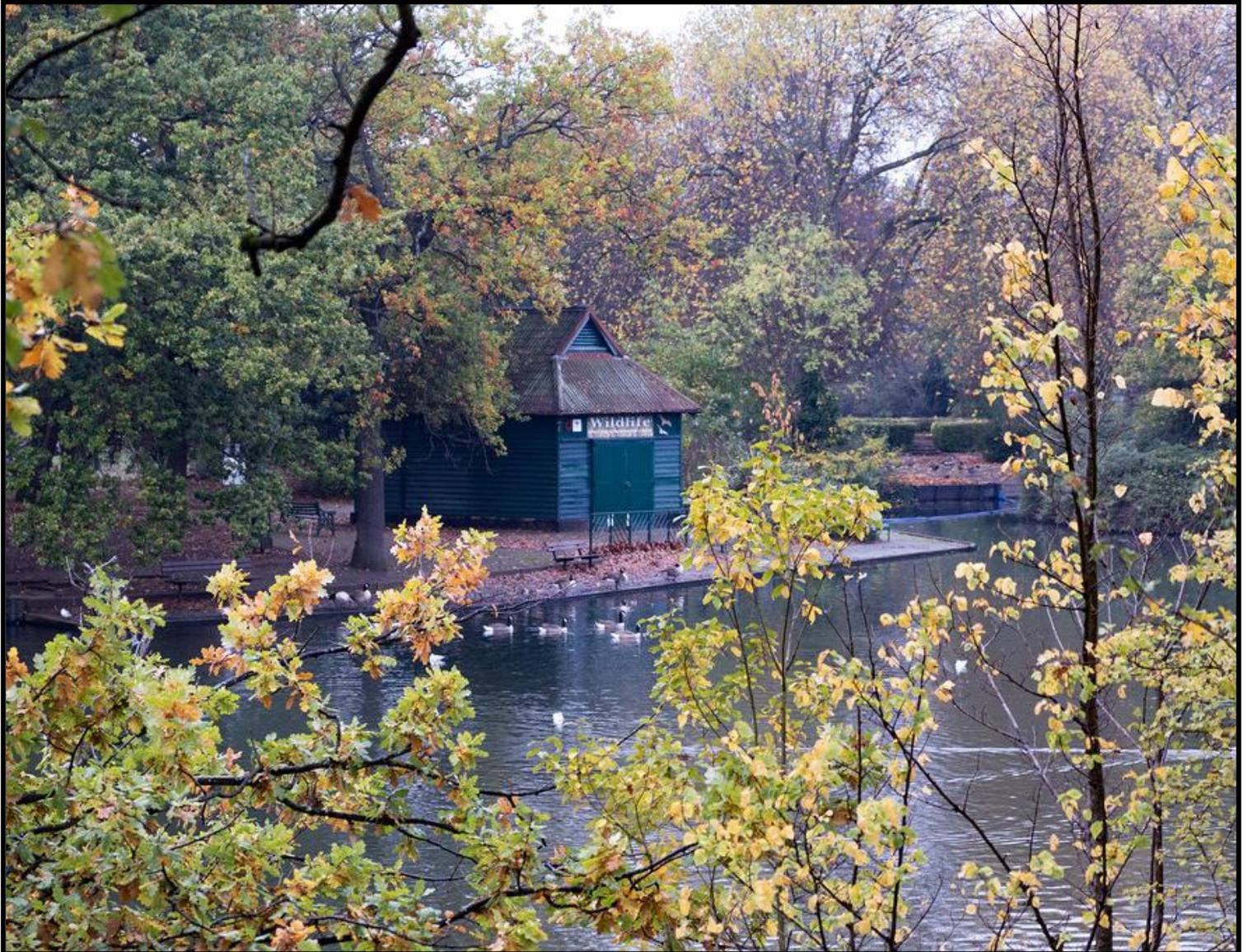




# SSPP School News

19<sup>th</sup> April 2024 Issue 27



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**IF YOU CATCH YOURSELF  
THINKING ABOUT WHAT  
COULD GO WRONG,  
DREAM ABOUT WHAT  
COULD GO RIGHT**

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# SS Peter and Paul's Catholic Primary School

## The Good Shepherd Catholic Trust

Gordon Road, Ilford, Essex, IG1 1SA, UK

Tel: 020 8478 1267

[admin.sspeterandpauls@redbridge.gov.uk](mailto:admin.sspeterandpauls@redbridge.gov.uk)



*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 SSPP,

Welcome back to the summer term! It has been heart-warming to witness the joy and excitement radiating from our children as they returned to school. The buzz of energy in the corridors and classrooms is a testament to the vibrant spirit of our school as the children have quickly re-engaged with learning.

As we reunite after the Easter break, it has been lovely to hear stories from the children of how families and friends celebrated significant observances such as Ramadan and Vaisakhi. Easter, for us, is a profound time of reflection and gratitude as we commemorate the sacrifice made by Jesus for our salvation. In our recent assembly, we delved into the events following Jesus' resurrection, emphasizing the message of growth in friendship with Him, belief in His resurrection, and the importance of sharing this message with others.

While Ramadan, Vaisakhi and Easter has its unique customs and traditions, the underlying themes of spirituality, community, charity, and joy have served to unite pupils of different faiths and cultures in a shared commitment to faith, service, and love.

Throughout Eastertide, we will take part in discussions on deepening our connection with God through prayer, scripture, and faith. Our conversations with the children focus on translating these beliefs into actions, demonstrating kindness and respect towards others in our daily lives.

This week has been bustling with activity and learning. Our Reception children were bursting with excitement as they shared their experiences of witnessing the miraculous transformation of caterpillars into butterflies. Additionally, thanks to the dedication of our Sports Leader, Mr. Wall, and our Sports Coach, Mr. Mahmoudi, our pupils have enjoyed a variety of sporting activities, including a thrilling Basketball festival on Wednesday and a Fun Run at Fairlop Waters on Thursday.

Continuing our commitment to excellence, we welcomed Mr. Corcoran, from the Good Shepherd Trust, to assess the effectiveness of our English curriculum. His feedback was overwhelmingly positive, highlighting the strength of our curriculum, the rapid progress in reading skills, and the clear direction set by our leadership team and teaching staff. I am always grateful for their continued commitment and hard work.

Ensuring the safety and well-being of our students remains paramount. I'm pleased to report that feedback from our pupils reaffirms their happiness, sense of security, and feeling of being cared for at SSPP.

Mrs Leary led whole school assembly this week to introduce our new Jigsaw Unit of study for this term. The children always enjoy this assembly as Mrs Leary builds anticipation and excitement for what the children are about to learn. This term the focus will be centred around developing healthy relationships. The children are taught how to make friends, show respect for others and how to deal with friendship issues when they occur. They are reminded by their teachers and adults to say 'Stop! I don't like it!' if someone is saying or doing something that they do not like. It is important that children learn how to help themselves or others if they are feeling hurt or upset.

Amidst the good news I have shared, it saddens me to address a concerning issue. It has recently come to my attention that there have been instances of parents vaping on school grounds. I must emphasise the importance of this matter and firmly request that all parents refrain from vaping while waiting to collect their children. Such behaviour contradicts our steadfast commitment to fostering a healthy and safe environment for all members of our school community. Your cooperation in this regard is greatly appreciated.

The unpredictable British weather strikes once more! Unfortunately, we've had to call off the CAFOD Walk scheduled for this afternoon. With heavy rain earlier in the day and a forecasted 75% chance of rain at 3pm, we've decided to hold off on this event until we can enjoy it under clear, sunny skies. I apologise for any inconvenience this may cause you. Thank you for your understanding.

Looking ahead, we have an exciting week planned, including a visit from Bishop Alan on Wednesday afternoon. Our Liturgy Team will have the honour of leading the assembly during his visit.

I wish you all a peaceful weekend.

Warmest regards,

Ms Osei

**Reflective Thought for the Week:** "Let us be guided by faith's gentle light, illuminating the path of kindness, compassion, and love in all we do."

### Headteacher

Ms Osei

### Deputy Headteacher

Mrs Hull

### Assistant Headteacher

Mr Roca-Mas

### DATES FOR YOUR DIARY

#### Friday 19<sup>th</sup> April

CAFOD Walk 3.15pm – field

#### Tuesday 23<sup>rd</sup> April

Year 5 Tower Bridge Trip

#### Tuesday 23<sup>rd</sup> April

Year 1 Florence Nightingale Workshop

#### Wednesday 24<sup>th</sup> April

Bishop Alan Visiting SSPP

#### Thursday 25<sup>th</sup> April

2I 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 38

*Governments must do everything they can to protect and care for children affected by war.*

*Governments must not allow children under the age of 15 to take part in war or join the armed forces.*



You should not have to join the army or fight in wars.  
UN, Convention on the Rights of the Child - Article 38

**Gospel Reflection (John 10:11-18)**

Jesus said, "I am the good shepherd, who is ready to die for his sheep. Anyone who is hired cannot be trusted like the shepherd. They don't own the sheep. Someone who is hired may run away when they see a wolf coming and leave the sheep. Then the wolf attacks and scatters the sheep. But the shepherd does not run away. I am the good shepherd. I know each of my sheep, and they know me."

Knowing who to trust is really important. A friend who can be trusted is a gift from God! Who do you really trust and why do they trust them? Think about how, in the days ahead, you can show your trust in Jesus. Perhaps, rather than worry, pray and offer any concerns to Jesus. How can we show Jesus, and others, that we are people who they can trust? Perhaps we can always try to: tell the truth; choose to do the right thing; be generous with our God-given gifts of time, talent and money; keep our promises.

**Prayer for the week**

Dear Lord Jesus, you are the Good Shepherd who guides us through life. Please help us always to place our trust in you. Amen  
*"It is important to have friends we can trust. But it is essential to trust the Lord, who never lets us down. This is the key to success in life."* Pope Francis



Star Pupil Awards	
N	
RC	Enzo
RK	Rohan
1M	
1S	Yasin
2B	Ruhab
2I	Aidan
3P	Xan
3W	Parikshit
4A	Clara
4C	
5C	Emmanuval
5S	Bhavagnya
6B	Shenuki
6R	Chidi

Attendance w/e 19 <sup>th</sup> April 95.73%	
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	97.39%
RK	93.64%
1M	98.33%
1S	95.86%
2B	94.29%
2I	96.43%
3P	98.33%
3W	94.17%
4A	93.64%
4C	94.55%
5C	96.00%
5S	96.92%
6B	97.31%
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**

- Tuesday 23<sup>rd</sup> April**  
Year 5 Tower Bridge Trip
- Tuesday 23<sup>rd</sup> April**  
Year 1 Florence Nightingale Workshop
- Wednesday 24<sup>th</sup> April**  
Bishop Alan Visiting SSPP
- Thursday 25<sup>th</sup> April**  
2I Class Assembly



## Final House Points Totals



NEWMAN		5478
MANNING		5504
VAUGHAN		6702
WISEMAN		7595



## SCHOOL NEWS

### Saint of the Week: St John Baptist de la Salle (1651–1719)

Saint John Baptist de La Salle died on Good Friday, perhaps as a divine sign of the sacrificial life he had lived for the salvation of souls. This wasn't his first death. His first death was of the life he had lived and the renunciation of the world for the sake of the unexpected mission God gave him.

Today's saint was born into an upper-class family in Reims, and from his youth enjoyed a life of honour and social prestige, as well as an excellent and expensive education. His parents were very devout. When John was eleven, he received tonsure, and he and his parents made a promise of his lifelong service to the Church. At the age of sixteen, he became a canon of the Reims Cathedral. Canons acted as caretakers of the cathedral and advisors to the archbishop. John was then sent to complete his education at some of the finest schools in France. Shortly after beginning his studies of theology at age twenty-one, his parents both died, and he had to return home to care for his six younger siblings and to oversee the family estate. Over the next five years, he completed his theological studies and was ordained a priest at the age of twenty-six. After ordination, he completed his doctorate of theology and immersed himself in the life of a young and well-respected priest.

Father de La Salle found himself in a dilemma. Naturally speaking, he did not feel drawn to the work of establishing schools for the poor, but he found it difficult to resist the sisters and Adrian who were so passionate about this work, and divine inspiration tugged on his heart. He tried to withdraw but later continued to assist them. Little did he know that he had just begun what would become his life's work—and a transforming legacy within the Church.

As time went on, Father de La Salle saw a need to better educate the teachers. He himself had received such an excellent education that he was well aware of the teachers' lack of skills and their poor personal formation. The children that these men were teaching were often very poorly brought up and were "far from salvation," he would later recount. In response, Father de La Salle began inviting the teachers into his own home, sharing meals with them, and teaching them how to be better teachers and men of God.



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

### Earth Day

Born in 1970, Earth Day has evolved into one of the largest civic events of all time. When we observe the 54<sup>th</sup> Earth Day on **April 22<sup>nd</sup>** the health and safety of the planet couldn't be timelier, especially when it comes to dealing with the proliferation of plastic.

Over the past 60 years, around eight billion tons of plastic has been produced, according to a recent study in the journal *Science Advances* — 90.5% of which has not been recycled. As a result, this year's Earth Day theme— "Planet vs. Plastic"— demands a 60% reduction in the production of all plastics by 2040.

Just how big of a challenge is this? What type of numbers are we talking about? Here's some perspective:

- In 1950, the world produced just two million tons of plastic. We now produce over 450 million tons.
- Half of all plastics ever manufactured have been made in the last 15 years.
- Production is expected to double by 2050.
- More than one million plastic water bottles are sold every minute.
- Every year, about 11 million tons of plastic waste escapes into the ocean.
- Only 9% of plastics ever produced have been recycled.
- Plastics often contain additives that can extend the life of products, with some estimates ranging to at least 400 years to break down.



The reality is that everybody has a role to play in the "Planet vs. Plastics battle, and the sustainability of the planet in general. Little things like using reusable bottles and straws and bringing reusable bags to the store are great first step. You can also go to [www.earthday.org](http://www.earthday.org) to learn more about the battle between planet vs. plastics, and find an event near you where you can help clean up the planet.

**Let's make every day Earth Day, to protect this beautiful rock we live on for future generations.**

## West Ham Corner



Quite a lot has happened over the Easter break between newsletters.

Losses against Newcastle and Fulham were 'offset' by a win against Wolves and draw with Tottenham. Other team's results meant that the chance to go 6<sup>th</sup> has now been wasted and we are dangerously close to seeing the season climax with a bit of a damp squib.

All hopes have been pinned on having back-to-back success in Europe, standing in the way of that feat were Bayer Leverkusen – the newly crowned Bundesliga champions who had an unbeaten run stretching back over 40 games!

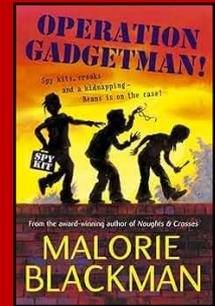
The away leg played out as expected, with West Ham attempting very little in an attacking sense and hoping to stay in the tie. It almost worked, but two late goals from the German side meant we returned to the London Stadium yesterday with mission impossible looking even less likely. Added to the two goal deficit, bookings to Emerson and Paqueta meant they would miss the second leg.

It started so well, with Antonio reducing the deficit after just 13 minutes – and the team tried so hard to find the second which was needed. It wasn't to be, an 88 minute Leverkusen goal meant the tie ended up 3-1 in their favour, with our European adventures finally at an end.

**Latest Result:** Fulham 2 – 0 West Ham United

**League Position:** 8<sup>th</sup>

## Recommended Read Year 4



*Beans calls her dad 'Gadgetman' because of the weird and wonderful gadgets he comes up with - everything from exploding biscuits to Spy Kits. But when Gadgetman accidentally invents a device that could be used to steal millions of pounds, the wrong people find out and Gadgetman is kidnapped! With the help of her friends - and her special Gadgetman Spy Kit - Beans is determined to track down the kidnapers and rescue her dad. But can she find Gadgetman before he is forced to hand over the details of his invention...?*

If you liked this then try:  
 + 'Robot Girl' by Malorie Blackman  
 + 'Bullet Catcher' by Chris Bradford  
 + 'Black Hole Cinema Club' by Christopher Edge

## Times Tables Rock Stars Top Ten

Most correct answers over the last 7 days:

Rank	Name	Year Group
1	Ky'Reiss	Year 3
2	Leah	Year 3
3	Karanveer	Year 4
4	Thasvin	Year 4
5	Manasvi	Year 4
6	Nathaniel	Year 4
7	Elizabeth	Year 4
8	Alyssia	Year 3
9	Kevin	Year 4
10	Martin	Year 2

## Community News



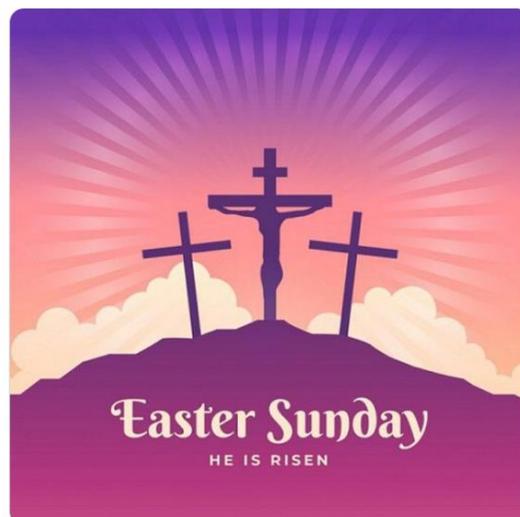
Our apologies that we had to postpone the CAFOD Big Walk – with the downpours during the day, and the threat of more rain, it seemed like the best solution to put it back for a few weeks, when hopefully the weather will improve.



## Recent Tweets – @SSPP\_Primary



"He is not here; he is risen!" Luke 24:6



# #BOOKMATCH

© The Reader Teacher

Books for fans of Peter Bunzl



**IF YOU LIKE PETER BUNZL, READ THESE**

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

## Author Book Match



**Peter Bunzl**

- + Cogheart
- + Moonlocket
- + Skycircus
- + Shadowsea
- + Featherlight
- + Magicorn

## Basketball and Fun Run

SSPP took part in two sporting events this week.

One group travelled to Chadwell Heath Academy where over 130 young people took part in a basketball festival! Activities were centered around enjoying movement & teamwork!

Another team joined over 150 runners at the spring Fun Run at Fairlop Waters on Thursday.



# Subsidiarity

CAFOD believes that local individuals, communities, and local organisations are best placed to influence changes to global, national and local policies and practices so that they benefit all. We follow Jesus' example of ensuring that the insights and perspectives of quieter voices are heard, so that a better world is achieved together.



## Prayer Room

We would like to remind parents that our beautiful prayer room is open for you to make use of during our whole-school assembly (Tuesdays at 9:05am-9.30am).

It is a quiet space which was heavily used in the days pre-covid, and one we know our parents appreciated.



## JIGSAW PSHE Assembly



On Thursday morning, Mrs Leary led the whole-school PSHE assembly to launch our new Jigsaw topic. The topic for this half term is **'RELATIONSHIPS'**.

During the assembly, we talked about how we can have good relationships with our friends, our siblings, our parents and other members of our family and our school community. Some children from Year 6 talked to us about some of the special relationships in their lives.

With the help of our special 'wizard', we made a magical friendship potion. A variety of children came up to add 'potions' to the cauldron that they thought would make a good friendship. They chose the following: honest, caring, smiley, funny, gentle, helpful and kind.

Well done to all the children who volunteered to take part in the assembly!



## Big Walk And Wheel

Thank you to everyone who made a special effort to walk, scoot or cycle to school during the Big Walk and Wheel event before the Easter holidays. Our school did very well!

- + We were 65<sup>th</sup> out of over 900 large primary schools that took part.
- + We finished in the top 7% of the large primary schools in the whole of the UK!
- + We finished 2<sup>nd</sup> out of the Redbridge schools!
- + Congratulations to Class 2I who recorded the most active journeys.

Walking, scooting and cycling to school is great for the environment and for our health. We look forward to seeing lots of you travelling actively during the summer term.



## Summer Uniform

Now we have returned for the Summer Term, children are allowed to wear their summer uniform.

If chosen, this needs to be a complete set, rather than combined with elements of the winter uniform.

Where parents may decide to put layers under any of our uniform, these should not be visible.

### Boys: Summer

Trousers – navy long or short  
Navy blue V neck pullover, with school logo  
Shirt – white long or short sleeve  
School tie  
Socks – navy/black/grey  
Shoes – black (no thick rubber soles or trainers, no ankle boots or canvas shoes).

### Girls: Summer

Navy and white checked dress  
Navy cardigan or V neck pullover, with school logo  
White socks (no tights/leggings cycling shorts)  
Shoes black (no ankle boots, canvas shoes, sandals or wedges)



## Musician of the Month – APRIL

### Queen (British Group)

**Formed:** 1970 in London, England

**Active:** 1970s - 2020s

**Genre:** Pop/Rock Styles



Queen was formed in London in 1971 when the members of two bands composed of university and art-school students joined together. The band shot up the international charts with its third album, Sheer Heart Attack (1974). A Night at the Opera (1975), one of pop music's most expensive productions, sold even better.

Spectacular success followed in 1977 with “We Are the Champions” and “We Will Rock You” – which became ubiquitous anthems at sporting events in Britain and the United States. The Game (1980), featuring the songs “Crazy Little Thing Called Love” and “Another One Bites the Dust,” was Queen's first number one album in the United States.

Click on the links below to enjoy the best of Queen. Which song is your favourite? Why?

I Want to Break Free: <https://www.youtube.com/watch?v=UEuMLkw7t6A>

Don't Stop me Now: <https://www.youtube.com/watch?v=HgZGwKwLmgM>

Bohemian Rhapsody: <https://www.youtube.com/watch?v=OtJheFHKHP8>

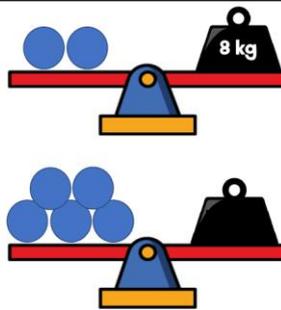
1 There are 12 people on a bus.



- At the first stop 3 people get off the bus.
- At the second stop 5 people get off the bus and 8 people get on.

How many people are on the bus now?

2



What is the mass of the weight on the second scale?



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

1 A bag contains  $2\frac{1}{2}$  kg of flour.



Another bag contains  $\frac{1}{4}$  kg more flour than the first bag.

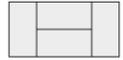
How much flour is there in the two bags in total?

There is  $6\frac{1}{4}$  kg of flour in total.

2 A rectangle has a perimeter of 84 cm.



It is divided into 4 identical rectangles.



What is the length of one of the smaller rectangles?

The length of one of the smaller rectangles is 14 cm.



## 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>

While scrolling online, you'll almost inevitably have come across posts or links with headlines like "You Won't Believe These 10 Crazy Facts about ...". Such lurid language – and the often-dubious nature of the content it promotes – has become something of a running joke on the internet. Yet while these articles are often laughed at by communities online, they can have an insidious side.

Clickbait, as it's known, can frequently function as part of a trap: intended to draw users in for the sake of advertising revenue or, in worse cases, masking an attempt to collect their personal information. This #WakeUpWednesday guide explores the various risks of clickbait and offers some top tips for evading the pitfalls of this controversial marketing technique.

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).

## What Parents & Educators Need to Know about CLICKBAIT

Clickbait is a controversial online marketing strategy which uses sensationalist (and frequently misleading) headlines to encourage engagement with an article, image or video – often playing on users' emotions and curiosity, while much of the actual content is of questionable accuracy. Clickbait is also sometimes used to disguise scams, phishing sites and malware.

### WHAT ARE THE RISKS?

### HARMFUL MISINFORMATION

Clickbait tends to play fast and loose with the truth, opting for eye-catching content over objectivity. This is particularly dangerous for younger internet users, who are generally more susceptible to that type of material. A child could be presented with fake news, misleading articles and – in some cases – outright lies without fully understanding what they're viewing and why it's harmful.

### INAPPROPRIATE CONTENT

Due to the misleading nature of many examples of clickbait, what may seem to be innocuous and child-friendly could actually contain age-inappropriate material such as extremist political views or violent, pornographic or sexually explicit content. This is clearly a hazard for young people, who could be upset, disturbed or influenced by exposure to such subject matter.

### HIDDEN MALWARE

While most clickbait is simply trying to promote engagement to earn companies additional revenue, some of it does redirect to dubious sites with the potential to infect devices with viruses or malware. This could put a child's sensitive data – such as their name, their location and their date of birth – at risk of being accessed and exploited by malicious hackers.

### PRIVACY PROBLEMS

Some clickbait leads to sites which could coax a child into volunteering their personal data – using pop-ups to ask them for their email address and phone number, for example, in exchange for accessing additional content or subscribing to various services. Normally, this harvested information is then sold to third parties, who often utilise it for targeted adverts and other sales schemes.

### A DRAINING DISTRACTION

Clickbait encourages spiralling consumption of online content, which could easily result in a young person spending hours scrolling aimlessly instead of doing something productive or interacting with family and friends. This can leave them tired, apathetic and lacking focus – and, in the long term, can negatively impact their social skills, education and mental wellbeing.

### IMPACT ON BEHAVIOUR

Depending on the type of clickbait a child is interacting with, you might notice negative changes in their behaviour. Weight loss scams, for example, are common among clickbait and have the potential to influence eating habits and body image – while deliberately inflammatory 'rage bait' articles can leave impressionable young people feeling irritable, restless or argumentative.

## Advice for Parents & Educators

### START A CONVERSATION

The sheer volume of clickbait can make protecting children against it quite challenging. It's vital to talk to young people regularly about the types of content they encounter online, so that they understand the risks of engaging with clickbait. If you're still concerned, it may also be wise to keep an eye on children's online activity to ensure they're not being tempted by clickbait headlines.

### PROMOTE CRITICAL THINKING

Encouraging children to question the legitimacy of sensational headlines and too-good-to-be-true promises will help them to become savvier online – and far less likely to be drawn in by clickbait content. These critical thinking skills will also serve to protect them in other areas of the digital world where misinformation is becoming increasingly common.

### SPOT THE TELLTALE SIGNS

There are certain common elements in clickbait, including headlines and images that use shock and outrage to grab people's attention – as well as numbered lists, such as "8 Facts You Won't Believe Are True". Some clickbait combines several of these tactics to snag users' interest. Learn to recognise these techniques for yourself so you can teach children to notice them as well.

### TAKE CONTROL

Many parents opt to place limits on how long their children can spend online each day, which obviously reduces the chance of exposure to clickbait. Alternatively, most internet-enabled devices have built-in controls that allow parents to manage what sort of online content their child can access – including filtering by age, which can screen out a percentage of inappropriate material.

### Meet Our Expert

Carly Page is an experienced technology writer with more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, she is now a freelance technology journalist, editor and consultant who writes for Forbes, TechRadar and Wired, among others.

## #WakeUpWednesday

## The National College

@wake\_up\_weds    
 /www.thenationalcollege    
 @wake.up.wednesday    
 @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 27.03.2024



# Havering Parent Coffee Morning

at  
*Havering Autism Hub  
Unit H14, Liberty Centre  
Romford RM1 3RT*

Support for Havering residents

Adults & parents/carers and family  
members with a diagnosis or  
awaiting a diagnosis of Autism

Please email  
[haveringhubsupportworker@sycamoretrust.org.uk](mailto:haveringhubsupportworker@sycamoretrust.org.uk)  
to book your place



**Weds  
24th April  
10.30am**

**Parent Group**

[www.sycamoretrust.org.uk](http://www.sycamoretrust.org.uk)  
[haveringhubsupportworker@sycamoretrust.org.uk](mailto:haveringhubsupportworker@sycamoretrust.org.uk)  
01708 749816



Encourage conversation, reduce social isolation and make new friends

Enjoy arts, crafts, and board games

Access to health and wellbeing services, free legal & benefits advice

# Loxford Community Cafe

Redbridge Council supported by Serving Humanity Foundation host a free tea and coffee morning

**You can drop in every Sunday 11.30am - 3pm**

Loxford Polyclinic , 417 Ilford Lane, IG1 2PF

For further information contact: Sonia Lard on 07425 188 732  
or visit: [www.redbridge.gov.uk/health-and-wellbeing/](http://www.redbridge.gov.uk/health-and-wellbeing/)



Encourage conversation, reduce social isolation and make new friends

Employment and benefits advice

Access to health and wellbeing services

# Hainault Community Cafe

Redbridge Council supported by Serving Humanity Foundation host a free tea and coffee morning

**You can drop in every Tuesday 10am - 12pm**

Hainault Forest Community Association  
100 Manford Way, Chigwell IG7 4DF

For further information contact: Sonia Lard on 07425 188 732  
or visit: [www.redbridge.gov.uk/health-and-wellbeing/](http://www.redbridge.gov.uk/health-and-wellbeing/)



Encourage conversation, reduce social isolation and make new friends

Healthy and Nutritious meals every week

Access to health and wellbeing services

## THE PERFECT MIX

Redbridge Council supported by Serving Humanity Foundation host a free Community Kitchen to support refugees and asylum seekers.

**Every Monday 11.30am - 2pm**

**Loxford Childrens Centre  
136-138 Ilford Lane, Ilford IG1 2LG**

For further information contact: Sonia Lard on 07425 188 732  
or visit: [www.redbridge.gov.uk/health-and-wellbeing/](http://www.redbridge.gov.uk/health-and-wellbeing/)



**Are you a parent or carer of a child or young person with special educational needs or a disability aged 0-25 living in Redbridge?**

**JOIN OUR FREE WEBINARS!**

**Eating Disorders in Autistic People**  
**Tuesday 16th April 2024 at 8pm**

**Reducing and Resolving Conflict - Mediation and Thinking skills**  
**Wednesday 24th April 2024 at 7pm**

**Reducing Exam-based Anxiety in Children and Young People**  
**Thursday 25th April 2024 at 8pm**

**Global Development Delay**  
**Thursday 16th May 2024 at 7pm**

**Toileting - Supporting children in home and school**  
**Thursday 23rd May 2024 at 7pm**

**School Transitions from Nursery to Further Education**  
**Thursday 30th May 2024 at 8pm**

**Please check EPT Facebook page for further details.**  
**Please join EPT free membership and book the webinars by text or email.**

**FREE MEMBERSHIP**

Open to family members and carers of any child or young person with SEND up to the age of 25 years who live in or receive services from Redbridge. Associate membership is available for practitioners.

**MEMBERSHIP FORMS AVAILABLE FROM:**

[www.empoweringparentstogether.org.uk](http://www.empoweringparentstogether.org.uk)  
[info@empoweringparentstogether.org.uk](mailto:info@empoweringparentstogether.org.uk)



07486 880 799  
07486 880 646

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Department  
for Education

London Borough of  
**Redbridge** 



**contact** *For families  
with disabled children*



**Are you a parent or carer of a child or young person with special educational needs or a disability aged 0-25 living in Redbridge?**

**Do you want your voice heard?**

**Upcoming COFFEE MORNINGS at 10am to 12pm**

**DATE: WEDNESDAY 17TH APRIL 2024**

**VENUE: NEWBURY HALL CHILDREN'S CENTRE,  
NEWBURY PARK, IG2 7LD**

**GUEST: LINKS SUPPORT SOLUTIONS LTD.**

**TOPIC: SUPPORTED LIVING, SHORT BREAKS & DAY ACTIVITIES**



**DATE: FRIDAY 2ND MAY 2024**

**VENUE: EYPAD CRANBROOK CHILDREN'S CENTRE,  
THE DRIVE, ILFORD, IG1 3PS**

**GUEST: DR CAT HALLIGAN, EDUCATION PSYCHOLOGIST,  
MENTAL HEALTH SUPPORT TEAM (MHST)**

**TOPIC: EMOTIONAL BASED SCHOOL ANXIETY- STRATEGIES AND Q&A**



**Light refreshments provided.**

**PLEASE NOTE: We do not endorse any speakers or services invited.**

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# Redbridge Emotional Wellbeing 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



## 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.

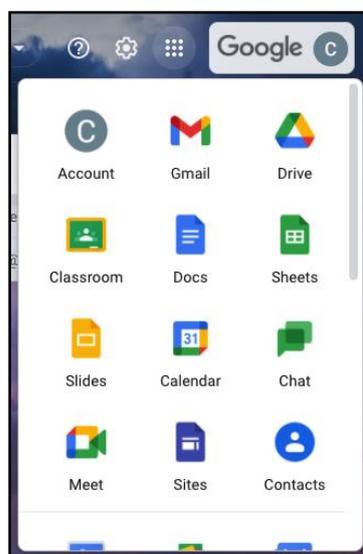
## How do you log into a Google Classroom?

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.