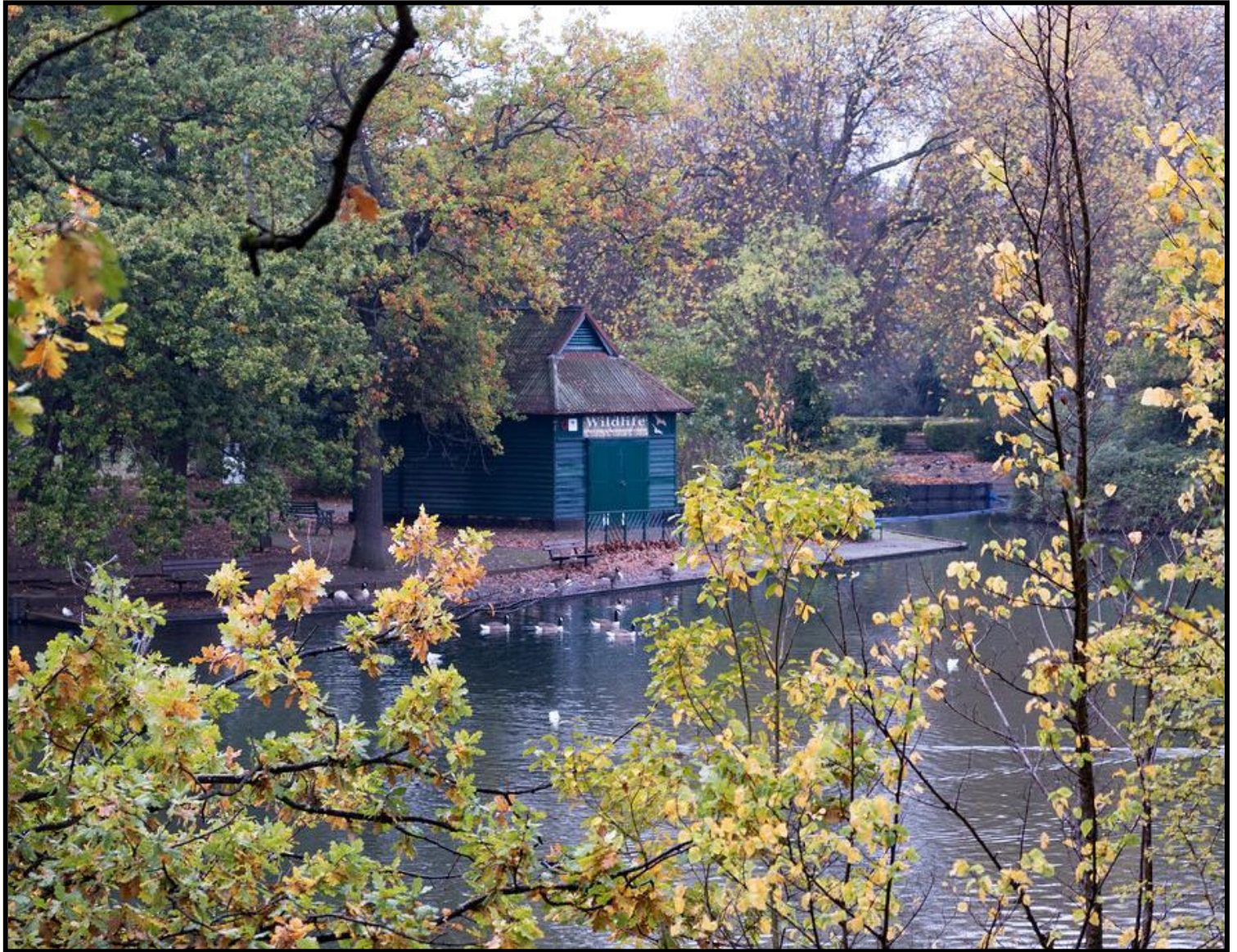




# SSPP School News

26<sup>th</sup> April 2024 Issue 28



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**THIS BLESSED PLOT,  
THIS EARTH,  
THIS REALM,  
THIS ENGLAND**

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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,

I often remark on the busy nature of our school weeks, and this week has been no exception. The hallways and classrooms of SSPP are alive with enthusiasm and energy, thanks to the diverse learning opportunities our staff have planned.

On Tuesday, our Year 1 pupils had the wonderful opportunity to step back in time with an immersive Florence Nightingale Day experience. It was a joy to see our young learners dressed as Victorian children, thanks to the fantastic costumes provided by our parents. This hands-on experience not only brought history to life but also allowed our pupils to appreciate the significant contributions of Florence Nightingale to modern nursing. Activities included role-playing as nurses, which provided a tangible connection to their lessons on the past. A heartfelt thank you to all the parents who volunteered to make this day a memorable experience for our children.

We were honoured to welcome The Rt Rev Alan Williams, Bishop of the Diocese of Brentwood, to our school on Wednesday. The Liturgy Team led a thoughtful assembly focused on the joys of Pentecost and the Catholic Social Teaching principle of Community and Participation. Bishop Alan kindly blessed our new school flag, which now flies proudly at the front of our school as a symbol of our unity and shared values. A special thanks to Mr Bradley for preparing the children and Mrs Ayisah for leading the choir so beautifully in song.

During his visit, Bishop Alan engaged in a 'Question Time' session with the children, responding to their insightful questions with genuine interest. He shared that his favourite Biblical story is the Parable of the Prodigal Son, which illustrates the power of forgiveness and redemption – a shared favourite that resonates deeply with me as well. This story reminds us that forgiveness is a profound act of love and a foundation for rebuilding and strengthening our relationships.

Yesterday, class 2I led us in an inspiring assembly illustrating the importance on Earth Day. They delivered a significant message on how we can better care for our planet, emphasising the need for action and responsibility. Their confident speaking and beautiful singing were a real credit to their teacher and a reaffirmation of our commitment to environmental stewardship.

This week, I had the pleasure of meeting with our dedicated Friends of SSPP Parents Association to commence planning for our eagerly anticipated Summer Fete. During these discussions, it became evident that many of our key contributors are parents from Year 6, who will be transitioning out of our school community soon. As we approach this transition, it is crucial to sustain the continuity and effectiveness of our PTA. Therefore, this term marks the beginning of a strategic succession plan to welcome new members to our Friends of SSPP PTA group. Your school needs you more than ever! Having previously been part of a school without an active PTA, I have seen first-hand the incredible benefits that such a dedicated team can bring. It's thanks to our PTA that we've been able to provide the playground equipment, create a sensory garden, and host enriching opportunities that truly bring our school community together. These initiatives are pivotal, enhancing our children's educational environment beyond what our standard resources allow. To kick-start this recruitment and brainstorming phase, I am excited to invite you to a PTA Coffee Morning on **Thursday, 9<sup>th</sup> May**. This gathering will be a fantastic opportunity for you to learn more about how you can contribute, share creative ideas, and discuss ways to ensure the longevity of this vital association. Whether you have a little time or a lot, your involvement can make a significant difference. Engaging with the PTA is not only about giving back but also about shaping an enriching school experience for our children. Please join us on Thursday 9<sup>th</sup> May at 9am to share a cup of coffee, connect with fellow parents, and explore the diverse ways you can make a positive impact. Your participation and input are what make SS Peter and Paul's thrive.

As we close another successful week, the importance of community and participation in learning has been highlighted. Bishop Alan reminded us that none of us are perfect, but we are blessed with the opportunity to forgive, learn from our mistakes, and move forward, making us better individuals and a stronger community at SS Peter and Paul's.

*"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you." - Colossians 3:13.*

This scripture encourages us to embody patience and forgiveness, essential values that foster belonging and unity within our community.

Thank you for another wonderful week at SSPP.

Blessings,

Ms Osei

### Headteacher

Ms Osei

### Deputy Headteacher

Mrs Hull

### Assistant Headteacher

Mr Roca-Mas

### DATES FOR YOUR DIARY

#### Wednesday 1<sup>st</sup> May

Marian Procession

#### Thursday 2<sup>nd</sup> May

1M Class Assembly

#### Monday 6<sup>th</sup> May

Bank Holiday

#### Tuesday 7<sup>th</sup> May

EYFS & KS1 Road Safety Show

#### Monday 13<sup>th</sup> May

Y6 SATs Week Begins

### 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 15:1-8)

In this Sunday's Gospel, the fruit which gives God glory is not the type that grows on trees, but the goodness that grows inside each one of us (e.g. joy, love, kindness, patience, courage, generosity, peace and self-control).

We are filled with these 'fruits' when we choose to stay close to Jesus.

Think about what the word 'growing' means (other than increasing in height or weight).

Each new day is an opportunity to grow in goodness. Regularly praying together is a powerful way for the family to keep growing in love. What else can we do to keep growing in goodness in this coming week? Perhaps we can: always try to be fair with others; avoid doing wrong and always try to do what is right; spend some time reading the words of Jesus in the gospels; try to be better listeners and more be patient with the people around us.

### Prayer for the week

Dear Lord Jesus, thank you for the people who help us grow in your love and please help us to keep growing in goodness. Amen  
*"May nothing keep you from growing in friendship with God."* Pope Francis

### Star Pupil Awards

N	
RC	
RK	Jaycob
1M	Hetsi & Vedhika
1S	
2B	
2I	Harry
3P	Ramjith
3W	
4A	Aiden & Jojo
4C	Jennifer and Evelina
5C	Yohaana
5S	Harris
6B	Joshua
6R	Ketzial

### Attendance w/e 26<sup>th</sup> April 95.70%

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	94.55%
1M	94.00%
1S	93.54%
2B	94.64%
2I	97.14%
3P	98.75%
3W	96.52%
4A	96.36%
4C	96.82%
5C	97.60%
5S	97.69%
6B	95.00%
6R	94.07%



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

**Wednesday 1<sup>st</sup> May**

Marian Procession

**Thursday 2<sup>nd</sup> May**

1M Class Assembly

**Monday 6<sup>th</sup> May**

Bank Holiday

**Tuesday 7<sup>th</sup> May**

EYFS & KS1 Road Safety Show



## Final House Points Totals

NEWMAN	<div style="width: 100%;"></div>	5690
MANNING	<div style="width: 100%;"></div>	5839
VAUGHAN	<div style="width: 100%;"></div>	7042
WISEMAN	<div style="width: 100%;"></div>	7984



## SCHOOL NEWS

### Saint of the Week: St Adalbert (c. 956–997)

When the Bishop of Magdeburg died in 981, the young Adalbert returned home to Bohemia and was ordained a priest two years later by the Bishop of Prague. Soon after, the Bishop of Prague became quite ill and on his deathbed was filled with a fear of hell. He had lived a worldly life, seeking riches and comfort rather than holiness. The bishop's dying witness had an effect upon Father Adalbert, causing him to deepen his commitment to the pursuit of holiness through penance, prayer, and simplicity of life. Shortly thereafter, Father Adalbert was chosen as the next bishop of Prague. Though resistant at first, he eventually accepted and was ordained a bishop in 983. It is said that once he became a bishop, Adalbert rarely smiled. He later remarked, "It is an easy thing to wear the mitre and a cross; but it is a most dreadful circumstance to have an account to give of a bishopric to the Judge of the living and the dead." He truly felt the weight of his responsibility.

Bishop Adalbert was, at first, joyfully welcomed in Prague. From the beginning of his bishopric, he embraced a life of simplicity, prayed and fasted often, slept on the floor as penance, preached almost every day, and frequently visited the sick and imprisoned. Though the people in his diocese were Christian, they had not been Christian for long, and many of them held on to their former pagan ways. Bishop Adalbert worked hard to address these evils but was met with such strong resistance that he had to flee to Rome. In Rome, the Holy Father permitted him to enter the Benedictine monastery of Saint Boniface. As a bishop-monk, he humbled himself, performing the most menial tasks in the monastery. During this time, he might have also visited Hungary to preach the Gospel, where he is believed to have baptized the soon-to-be king and future Saint Stephen of Hungary.

When Bishop Adalbert arrived in Prussia, his preaching was initially successful. However, his life was soon threatened, and he had to move on to other places. He continued to endure the wrath of the locals, including a pagan priest who saw him as a threat to their way of life. That pagan priest, together with a mob, killed the bishop one day, cut off his head, and placed it on a pole.

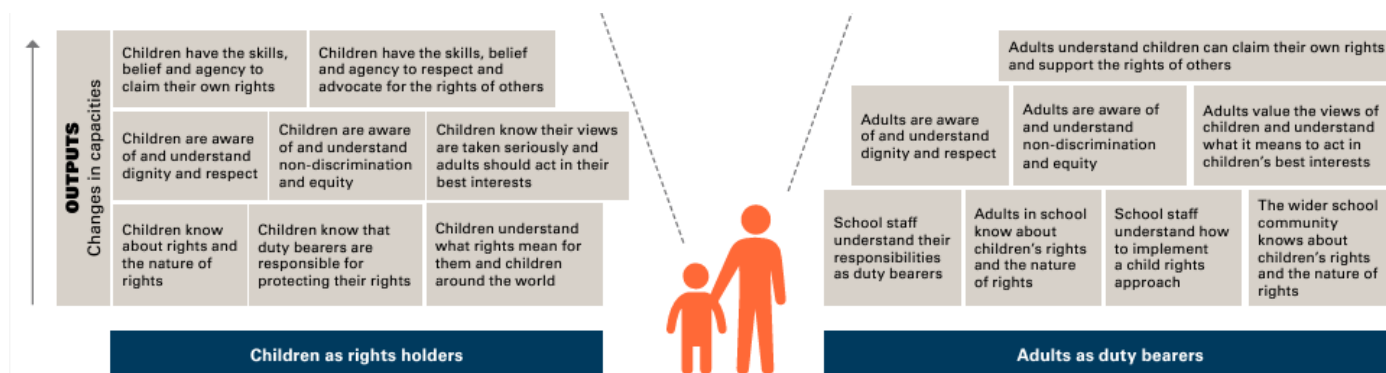
Though in some lights Saint Adalbert's ministry as a bishop could be judged as unsuccessful, his courage, fidelity to the Gospel, and the shedding of his blood are credited for the ongoing conversion of many throughout Bohemia, Poland, and Hungary.



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

The benefits of being a Rights Respecting School, article based on the RRSA Theory of Change: Rights respecting Schools take a whole school approach to embedding the CRC at the centre of their ethos, learning, relationships, decision making and policies. The UNICEF RRSA Theory of Change speaks of three levels that take place in a school who adopts the rights respecting ethos in this way.

The first level is:



In the weeks to come, I will present the next levels of change. When they all work in connection with each other, they equip the children with the necessary skills to become global citizen and valued members of our society.



## West Ham Corner

Give your all on a Thursday night in an attempt to salvage a European quarter final, then get yourself out there on the following Sunday to try and secure some points in the current race for Europe.

It wouldn't have taken rocket science to see that flogging pretty much the same players week in week out might result in them struggling to keep up.

And boy did we struggle on Sunday, less than 32 minutes on the clock and we found ourselves 4-0 down to Crystal Palace. It was embarrassing, it was unacceptable, but it was not, ultimately, unsurprising.

There has to be some sort of reaction to this, we can't keep repeating the same mistakes again and again, even down to the fact with the game well lost, it might have been an idea to give a few enthusiastic youngsters some minutes, but alas no, we saw substitutes in the form of Cresswell, Johnson, Phillips, Cornet and Ings.

In brighter news, Sporting Lisbon's much sought after coach Ruben Amorim was spotted flying to London on Monday...we can dream can't we? (Watch this space as Moyes is now given a 5 year contract!) (Added note: Amorim soon flew back to Portugal after meeting Sullivan – shock)

**Latest Result:** Crystal Palace 5 – 2 West Ham United **League Position:** 8<sup>th</sup>



## Recommended Read Year 5



*Orphan Ettie Shaw is all alone on the streets of London, with no home and no money. Her luck changes when she runs into her long-lost brother, Joe, who wants to look after her. But it's tricky. Joe now works for a man called Fagin, along with lots of other boys. The only way Ettie can join him is if she disguises herself as a boy too.*

*At first Ettie doesn't realise that Fagin's gang are thieves. But soon Fagin demands that Ettie goes out pickpocketing with Joe. Will the truth – and danger – come between brother and sister?*

If you liked this then try:  
+ 'The Boy Who Stole The Pharaoh's Lunch' by Karen McCombie



## 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



### Friends of SSPP (PTA)

There will be a coffee morning held on **Thursday 9<sup>th</sup> May** to give parents a chance to find out how they can help and join our PTA. This is open to all parents as we try to ensure the fantastic work they do supporting the school continues when some members leave this year.

## Recent Tweets – @SSPP\_Primary



SSPPCatholicPrimary  
@SSPP\_Primary

Happy St. George's Day. #StGeorgesDay



SSPPCatholicPrimary  
@SSPP\_Primary

Pupils from Y3 and Y4 represented our school in a football competition at Frenford FC. The tournament was set up by the West Ham Academy. The boys performed admirably reaching the final. We took an early lead, but with just 3 mins to go the other team equalised and found a winner





# #BOOKMATCH

© The Reader Teacher

Books for fans of Ross Mackenzie



**IF YOU LIKE ROSS MACKENZIE, READ THESE**

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

## Author Book Match



### Ross MacKenzie

- + The Nowhere Emporium
- + The Elsewhere Emporium
- + The Otherwhere Emporium
- + Shadowsmith
- + Evernight
- + The Colour of Hope



It's easy to feel lost in the flood of so many new children's books available. Each month, Books For Topics pick five recently published favourites.

Visit:

<https://www.booksfortopics.com/booklists/books-of-the-month-2022/>

to see reviews of this month's choices.

## April

### Marian Procession

We will be holding our annual procession to Mary on **Wednesday 1<sup>st</sup> May**. We ask that children bring in flowers on this day to honour Mary. These will be displayed, like always, in our prayer garden.

Please do not pick flowers from unknown gardens.





# Distributive Justice

CAFOD founded the Fairtrade Foundation in 1992 along with Christian Aid, Oxfam, Traidcraft, the World Development Movement and the National Federation of Women's Institutes. We believe we are all part of the global food system - which means we have the power to change it. Changing the food we buy and choosing products from Fairtrade companies is one of the ways we can help tackle poverty.



## Bishop Alan's Visit

On Wednesday afternoon, we were so pleased to welcome Bishop Alan (along with Canon Andrew) to our school. Our Liturgy Ambassadors took the lead in the collective worship we shared together before the choir reminded us of God's grace.

A question and answer session saw the Bishop fielding deep questions such as "How do you connect with God?" and giving a more light-hearted tale about the stupidity of sheep!

Our new SSPP crest flag was blessed by the Bishop and then raised for the first time with the Liturgy Ambassadors, Canon Andrew and Ms Osei in attendance.





## Year 5 – Tower Of London Trip

Hear ye, hear ye! The noble knights and fair maidens of Year 5 embarked on a royally exciting adventure to the Tower of London, where history came alive with more twists and turns than a maze in the royal gardens! Our brave scholars journeyed through time and space on the iron horse of the rails.

From marvelling at the shimmering Crown Jewels to braving the chilling tales of the Bloody Tower, our gallant adventurers proved they were as sturdy as the fortress walls themselves! But wait, there's more! Before setting foot on this epic quest, our intrepid learners sharpened their minds with Tudor trivia and even delved into the daring exploits of none other than Sir Walter Raleigh himself!

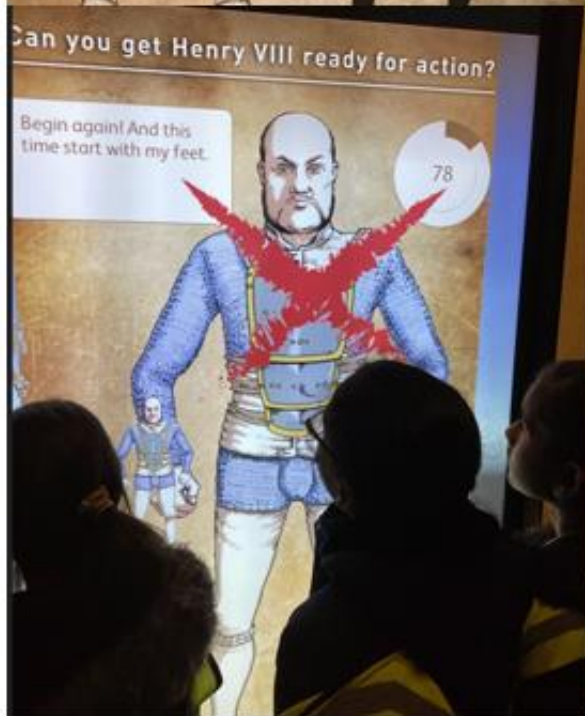
The memories forged within those ancient walls will linger in our hearts like the scent of freshly baked scones in the royal kitchens. Here's to a journey fit for kings and queens, where every moment was truly Tudor-ific!"





## Year 5 – Tower Of London Trip

Some more photos from our grand day out.





## Year 5 – Science

5S explored irreversible changes and chemical reactions in Science this week. They mixed bicarbonate of soda and vinegar, observing closely to see what would happen. We discovered that a new substance of carbon dioxide was created which meant that the balloon inflated!



## 3 & 4 Football

On Wednesday, some children from Year 3 and Year 4 were chosen to represent our school in a football competition at Frenford FC. The tournament was set up by the West Ham Academy as they were looking for potential new talent from schools in Redbridge (boy do they need it!). Some children were representing our school for the first time and can certainly hold their heads up high! After taking a few matches to find their feet, the boys performed admirably and got themselves into the final after 4-1 and 3-0 thrashings in the quarters, and semi-finals.

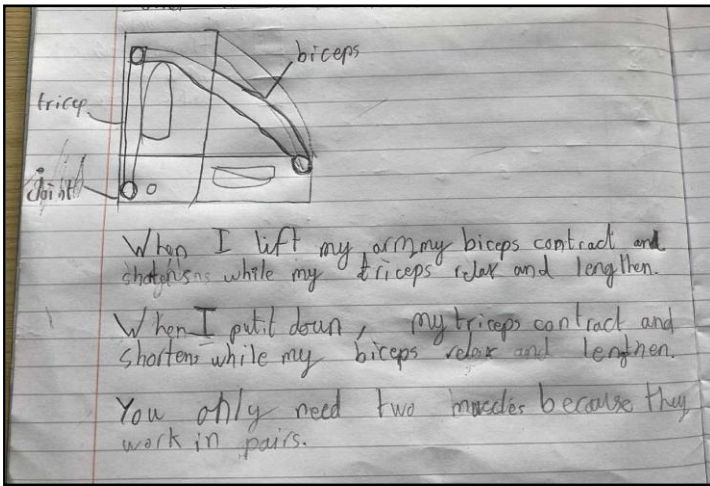
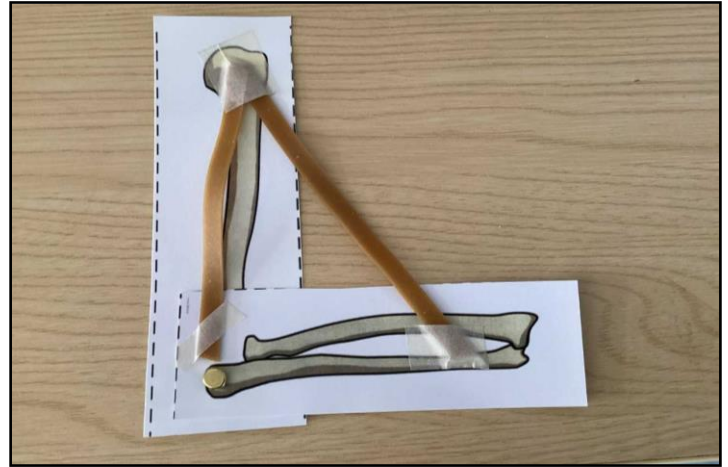
We took an early lead in the final and with just 3 minutes to go the other team equalised. In the last minute of normal time, they unfortunately scored the winning goal. However, this takes nothing away from the effort and hard-work they put into their performances and came away with second place medals which they were all delighted about! You could call it a silver lining!





## Year 3 – Science

Year 3 continued learning about the human body this afternoon by investigating how our muscles help us to move. We learned that muscles work in pairs and as one contracts and shortens, the other relaxes and lengthens. We made models to demonstrate this and then wrote and explanation of what we found out.



## School Meals

The new menu (which runs from April until next October) is now on the school website:

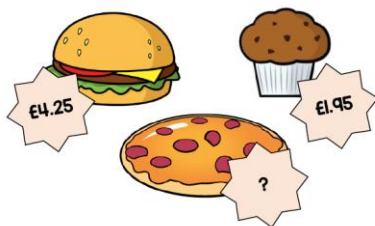
<https://www.sspeterandpauls.redbridge.sch.uk/parents/school-lunches>

It is always worth checking ahead to ensure your children know what they might want to order as we sometimes have issues with children changing their mind, saying they don't like something even though it is what they have ordered.

NOURISH		LET'S SAVE THE WORLD TOGETHER		APRIL TO OCTOBER 2024	
WEEKLY MENU					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	<b>15th APR</b> <b>13th MAY</b> <b>17th JUNE</b> <b>15th JULY</b> <b>2nd SEPT</b> <b>30th SEPT</b>	<b>15th APR</b> <b>13th MAY</b> <b>17th JUNE</b> <b>15th JULY</b> <b>2nd SEPT</b> <b>30th SEPT</b>	<b>15th APR</b> <b>13th MAY</b> <b>17th JUNE</b> <b>15th JULY</b> <b>2nd SEPT</b> <b>30th SEPT</b>	<b>15th APR</b> <b>13th MAY</b> <b>17th JUNE</b> <b>15th JULY</b> <b>2nd SEPT</b> <b>30th SEPT</b>	<b>15th APR</b> <b>13th MAY</b> <b>17th JUNE</b> <b>15th JULY</b> <b>2nd SEPT</b> <b>30th SEPT</b>
	<b>Sweet &amp; Tomato Pineapple</b> 1.9 Chicken Pasta & Bean Pie 1.9 Jackets with a Choice of Toppings 18.9 Baked Potato Wedges Peas, Carrots Peach Crumble 1.9 Mr Nourish Biscuits 1.9 Toughnut 1.2, Fruit Pots 9.9	<b>Beef &amp; Onion Pie</b> 1.9 Cheesy Pasta Twists 1.9 Jackets with a Choice of Toppings 18.9 New Potatoes Seasonal Vegetables Strawberry Flossie 1.9 Mr Nourish Biscuits 1.9 Toughnut 1.2, Fruit Pots 9.9	<b>Roast Goulash &amp; Gravy</b> Beef Chilli with Baked Tortilla Chips 1.9 Jackets with a Choice of Toppings 18.9 Rustic Roast Potatoes Broccoli, Sweetcorn Cranberry Sauce 1.9 Mr Nourish Biscuits 1.9 Toughnut 1.2, Fruit Pots 9.9	<b>Chicken Fajitas</b> 1.9 Tomato Spaghetti 1.9 Jackets with a Choice of Toppings 18.9 Rice Cauliflower, Carrots Tortilla Pancake 1.9 Berry or Chocolate Sauce 1.9 Mr Nourish Biscuits 1.9 Toughnut 1.2, Fruit Pots 9.9	<b>Margherita Pizz</b> 1.9 Solomon Pasta 1.9 Jackets with a Choice of Toppings 18.9 Chips, Pops Baked Beans, Carrot Sticks Ginger Biscuits 1.9 Toughnut 1.2 Fruit Pots 9.9
<b>WEEK 2</b>	<b>22nd APR</b> <b>20th MAY</b> <b>24th JUNE</b> <b>22nd JULY</b> <b>9th SEPT</b> <b>7th OCT</b>	<b>22nd APR</b> <b>20th MAY</b> <b>24th JUNE</b> <b>22nd JULY</b> <b>9th SEPT</b> <b>7th OCT</b>	<b>22nd APR</b> <b>20th MAY</b> <b>24th JUNE</b> <b>22nd JULY</b> <b>9th SEPT</b> <b>7th OCT</b>	<b>22nd APR</b> <b>20th MAY</b> <b>24th JUNE</b> <b>22nd JULY</b> <b>9th SEPT</b> <b>7th OCT</b>	<b>22nd APR</b> <b>20th MAY</b> <b>24th JUNE</b> <b>22nd JULY</b> <b>9th SEPT</b> <b>7th OCT</b>
	<b>Chicken Pie</b> 1.9 Pesto Pasta Bake 1.9 Jackets with a Choice of Toppings 18.9 New Potatoes Seasonal Vegetables Ice Cream 1.9 Mr Nourish Biscuits 1.9 Toughnut 1.2, Fruit Pots 9.9	<b>BBQ Pulled Pork Loaded Wedges</b> Herby Tomato Pasta Pies 1.9 Jackets with a Choice of Toppings 18.9 Sweetcorn Gougerettes Chocolate Pudding 1.9 & Chocolate Sauce 1.9 Mr Nourish Biscuits 1.9 Toughnut 1.2, Fruit Pots 9.9	<b>Roast Chicken &amp; Gravy</b> BBQ Vegetable Burrito 1.9 Jackets with a Choice of Toppings 18.9 Rustic Roast Potatoes Cabbage, Carrots Fruit Jelly 9.9 Mr Nourish Biscuits 1.9 Toughnut 1.2, Fruit Pots 9.9	<b>Macaroni Cheese</b> 1.9 Vegetable Hot Pot 9.9 Jackets with a Choice of Toppings 18.9 Carrots, Green Beans Garnish Bread 1.9 Peach Sponge 1.9 Mr Nourish Biscuits 1.9 Toughnut 1.2, Fruit Pots 9.9	<b>Fish Fingers</b> 1.9 Cheese & Spinach Pinnerhead 1.9 Jackets with a Choice of Toppings 18.9 Chips, Pops Baked Beans, Cakeslaw 1.9 Ginger Biscuits 1.9 Toughnut 1.2 Fruit Pots 9.9
<b>WEEK 3</b>	<b>29th APR</b> <b>3rd JUNE</b> <b>1st JULY</b> <b>16th SEPT</b> <b>14th OCT</b>	<b>29th APR</b> <b>3rd JUNE</b> <b>1st JULY</b> <b>16th SEPT</b> <b>14th OCT</b>	<b>29th APR</b> <b>3rd JUNE</b> <b>1st JULY</b> <b>16th SEPT</b> <b>14th OCT</b>	<b>29th APR</b> <b>3rd JUNE</b> <b>1st JULY</b> <b>16th SEPT</b> <b>14th OCT</b>	<b>29th APR</b> <b>3rd JUNE</b> <b>1st JULY</b> <b>16th SEPT</b> <b>14th OCT</b>
	<b>Sweet Chicken Curry</b> Cheesy Pasta 1.9 Jackets with a Choice of Toppings 18.9 Rice, Seasonal Vegetables Herby Bread 1.9 Apple Cakes 1.9 & Custard 1.9 Mr Nourish Biscuits 1.9 Toughnut 1.2, Fruit Pots 9.9	<b>Sausage Roll</b> 1.9 Cream Sausage & Gravy 1.9 Jackets with a Choice of Toppings 18.9 Mashed Potato Baked Beans, Broccoli Banana & Toffee Cake 1.9 Mr Nourish Biscuits 1.9 Toughnut 1.2, Fruit Pots 9.9	<b>Roast Pork &amp; Gravy</b> Sausage Pot 1.9 Jackets with a Choice of Toppings 18.9 Rustic Roast Potatoes Baked Beans, Carrots Cider Cake 1.9 Mr Nourish Biscuits 1.9 Toughnut 1.2, Fruit Pots 9.9	<b>Margherita Pizz</b> 1.9 Loaded Cajun Bean Wedges 9.9 Jackets with a Choice of Toppings 18.9 New Potatoes Sweetcorn, Peppers Lemon Drizzle Cake 1.9 Mr Nourish Biscuits 1.9 Toughnut 1.2, Fruit Pots 9.9	<b>Fish Fingers</b> 1.9 Summer Frittata 1.9 Jackets with a Choice of Toppings 18.9 Chips, Pops Baked Beans, Caramel Sticks Caramel Cakes 1.9 Toughnut 1.2 Fruit Pots 9.9
<b>WEEK 4</b>	<b>6th MAY</b> <b>10th JUNE</b> <b>8th JULY</b> <b>23rd SEPT</b> <b>21st OCT</b>	<b>6th MAY</b> <b>10th JUNE</b> <b>8th JULY</b> <b>23rd SEPT</b> <b>21st OCT</b>	<b>6th MAY</b> <b>10th JUNE</b> <b>8th JULY</b> <b>23rd SEPT</b> <b>21st OCT</b>	<b>6th MAY</b> <b>10th JUNE</b> <b>8th JULY</b> <b>23rd SEPT</b> <b>21st OCT</b>	<b>6th MAY</b> <b>10th JUNE</b> <b>8th JULY</b> <b>23rd SEPT</b> <b>21st OCT</b>
	<b>Jack Chicken</b> Tomato & Beef Pasta 1.9 Jackets with a Choice of Toppings 18.9 Sausage Rice Cauliflower, Carrots Ice Cream 1.9 Mr Nourish Biscuits 1.9 Toughnut 1.2, Fruit Pots 9.9	<b>Singapore Noodles</b> 1.9 Cheese & Bean Wrap Pockets 1.9 Jackets with a Choice of Toppings 18.9 New Potatoes Seasonal Vegetables Jam Tart 1.9 & Ice Cream 1.9 Mr Nourish Biscuits 1.9 Toughnut 1.2, Fruit Pots 9.9	<b>Roast Chicken &amp; Gravy</b> Vegetable Hot Pot 1.9 Jackets with a Choice of Toppings 18.9 Rustic Roast Potatoes Cabbage, Peas Fruit Jelly 9.9 Mr Nourish Biscuits 1.9 Toughnut 1.2, Fruit Pots 9.9	<b>Penne Beef Bolognese</b> 1.9 Rice & Bean Burrito 1.9 Jackets with a Choice of Toppings 18.9 Bake of Wedges, Green Beans Sausage Roll 1.9 Beetroot Cake 1.9 Mr Nourish Biscuits 1.9 Toughnut 1.2, Fruit Pots 9.9	<b>Fish Fingers</b> 1.9 Vegetable Pinnerhead 1.9 Jackets with a Choice of Toppings 18.9 Chips, Pops Baked Beans, Cakeslaw 1.9 Vegan Brownie 1.9 Toughnut 1.2 Fruit Pots 9.9



- 1** Leo has £25  
He buys the following items.



He has £12.50 left.

How much does the pizza cost?

- 2** Alysha and Beth go on a bike ride.

- In the morning Alysha cycles 3 times as many km as Beth.
- In the afternoon Alysha cycles 14 km and Beth cycles 48 km.
- They have now cycled the same distance.

How many km did Alysha cycle in the morning?



The answer to the KS1 problem seen in our last Newsletter:

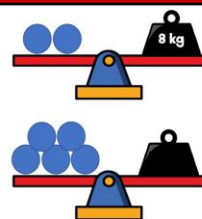
- 1** There are 12 people on a bus.



- 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?  
12 people are on the bus now.

- 2**



What is the mass of the weight on the second scale?  
The weight on the second scale weighs 20 kg.



## 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/category/online-safety>

Potentially addictive online games are nothing new, but the specifics of this kind of media can vary enormously – and, as a consequence, the risks in each individual game are just as diverse. The city-builder Township is no exception: providing its legions of devotees with accessible, satisfying fun ... but exposing them to potential hazards at the same time.

However, any safeguarding issues that the game might have can (with a little knowhow) be neutralised – allowing young players to have some engrossing fun without adults needing to worry about children's data, their money or their mental wellbeing. Our guide outlines how to help young gamers enjoy Township safely and responsibly.

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 TOWNSHIP

Despite launching in 2011, Township remains popular with children and adults alike. A city-building game with farming elements, it tasks players with developing their settlement and unlocking new features along the way. Aimed at the more casual gamer, it's mostly child friendly – but there are still some related risks to be mindful of.

**WHAT ARE THE RISKS?**

- MISLEADING PUBLICITY**  
Township's developers have previously faced criticism for advertising the game on social media by using clips of gameplay which can't actually be found in the final product. This may well lead to a child or young person downloading the game with severely misplaced expectations of what they'll be playing.
- IN-GAME ADVERTS**  
While it's common for mobile games to feature in-game advertisements for other products and services, Township employs a particularly egregious strategy seen in several similar products. It offers users in-game currency in exchange for watching such adverts, which can obviously encourage young people to willingly expose themselves to marketing material.
- IN-GAME PURCHASES**  
The game's core concept of building up a settlement to increase its population and income can feel slow paced at first – and players are incentivised to spend real-world money to move things along more quickly. That can mean handing over anything from £1.99 to £19.99 for these in-game boosts: amounts that can rapidly add up to a considerable sum if left unchecked.
- TIME-CONSUMING GAMEPLAY**  
Township's gameplay loop of acquiring resources and reinvesting them into your little community is a fun one – but this rewarding sense of making progress can lead to players spending far more hours staring at the screen than they realise. There are also special in-game events which run for a limited time, designed to entice players into even longer gaming sessions.
- ONLINE MULTIPLAYER MODE**  
After reaching level 18, players in Township can form a 'co-op' and unlock the option to exchange goods with up to 30 other users. Online multiplayer modes are nothing new, of course – but neither are the potential risks they pose to children and young people. Chances are, youngsters will be interacting with complete (and possibly much older) strangers within the game environment.

### Advice for Parents & Educators

- DISCUSS THE GAME IN ADVANCE**  
While older children may notice and understand that Township might be marketed in a potentially misleading way, it could be worth explaining to prospective younger players how and why the game differs from what's been advertised. This will help them to manage their expectations and avoid any possible disappointment if they do decide to download and play it.
- MONITOR SPENDING AND SCREEN TIME**  
More modestly priced in-app bundles can be a welcome treat for a child wanting to speed up their progress in Township, but it's wise not to leave a linked payment method active in case a youngster gets carried away. Likewise, to prevent Township from causing an increase in screen time, parental controls on most devices allow limits to be placed on how long a game can be played each day.
- BE WARY OF EXTERNAL SITES**  
Township's makers state that all in-game ads are age-appropriate: children won't be shown adverts recommending more violent titles, for instance. Even so, clicking on these adverts can take players out of the game and onto external sites that have nothing to do with Township or its developers: this raises the risk of children encountering inappropriate content or being tempted by online purchases.
- TALK ABOUT ONLINE STRANGERS**  
Township's online multiplayer mode (as with any game which includes that functionality), is an avenue through which a child could be contacted by people who they don't actually know. It's worth reminding young Township fans, therefore, not to give out any personal information to strangers online – whether that's within the game itself or in the social networks associated with it.

**Meet Our Expert**  
Editor in Chief of gaming and esports site GGRecon, Lloyd Coombes has worked in the games media industry for five years. A regular visitor to the App Store to try out new games and tools, he's also a parent who prioritises online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.

**#WakeUpWednesday**

The National College

Source: <https://www.wakeupwednesday.com/2019/03/06/township-the-risks-of-a-popular-city-builder-game/> | <https://www.wakeupwednesday.com/2019/03/06/township-the-risks-of-a-popular-city-builder-game/>

[@wake\\_up\\_weds](https://www.wakeupwednesday.com/2019/03/06/township-the-risks-of-a-popular-city-builder-game/) [/www.thenationalcollege](https://www.wakeupwednesday.com/2019/03/06/township-the-risks-of-a-popular-city-builder-game/) [@wake.up.wednesday](https://www.wakeupwednesday.com/2019/03/06/township-the-risks-of-a-popular-city-builder-game/) [@wake.up.weds](https://www.wakeupwednesday.com/2019/03/06/township-the-risks-of-a-popular-city-builder-game/)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.04.2024



# SINGING CLUB OPEN REHEARSAL

**20th May, 4.30pm-5.30pm**

Enjoy singing? Come and join a Music Service Choir!

Come along to our open rehearsal on **Monday 20th May, 4:30pm to 5:30pm** and try it out.

Singing Club Open Rehearsal is for children in Years 2 to 6.

Redbridge Music Service Choirs rehearse on Monday evenings at the John Savage Centre, Hainault, IG6 2NB catering for singers Yr. 2 up to 18 years old in the Youth Choir. They sing in a wide variety of styles and have lots of exciting performance opportunities.

Choirs run for 35 weeks a year at a cost of £15.95 per month (2023/2024 fees). On fee allows membership to all clubs and choirs run by Redbridge Music Service, including theory classes.

You can register for the open rehearsal with this link:

<https://forms.office.com/e/XeqrUm3ta8> or by using the QR code below:



**REDBRIDGE**  
**MUSIC**  
**SERVICE**

*Vision*  
Redbridge Culture & Leisure

Supported using public funding by

  
Department  
for Education

  
ARTS COUNCIL  
ENGLAND

**ARTS COUNCIL**  
**ENGLAND**





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/)**





*Working together today, Improving their tomorrows*

**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

**FOLLOW US ON FACEBOOK:** Empowering Parents Together - Redbridge

**FOLLOW US ON TWITTER:** @EPT\_Redbridge



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.**

## **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

**FOLLOW US ON FACEBOOK: Empowering Parents Together - Redbridge**

**FOLLOW US ON TWITTER: @EPT\_Redbridge**



Department  
for Education



contact For families  
with disabled children



Come and meet other parents / carers of SEND children and young people at our regular coffee mornings.



# 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.

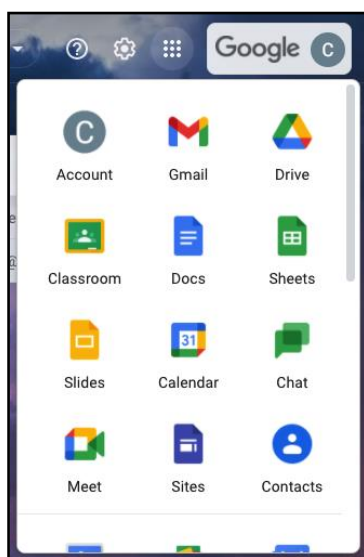
## How do you log into a Google Classroom?

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.