



SSPP School News

3rd May 2024 Issue 29



**GRIEF AND LOVE ARE
CONJOINED, YOU
DON'T GET ONE
WITHOUT THE OTHER**



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 SSPP,

It has been another busy week at SSPP. Following our recent assessments, teachers have been very busy analysing pupils' assessments, identifying their strengths and areas for future development as we prepare to turn the corner for the final stretch of the summer term. A big thank you to all the hard work teachers and support staff put into preparing engaging learning opportunities that help to move children on in their learning.

On Tuesday morning, as part of Stress Awareness Month, SSPP's Well-being Champions shared tips and advice with pupils on how to reduce stress and help them manage their emotions. During a special assembly delivered this week, the children explained how stress triggers a freeze, flight, fight response in the body to help them better understand why they can become overwhelmed by their emotions. They demonstrated this using the hand model of the brain and a stress bucket to show what happens when we experience too much stress. They then shared advice on how to reduce stress and stop our stress buckets filling up and overflowing. We have included some of these tips in our newsletter, so please look out for them and use them to support your child, especially for our Year 6 pupils who will be taking their SATs soon.

On Wednesday afternoon, the whole school came together to celebrate the month of Mary with our Marian Procession. Year 6 led a whole school collective worship service before pupils throughout the school joined a procession through our prayer garden, pausing to offer flowers and prayers to Mary. Thank you parents for supporting the school with this event and I encourage you to take a few minutes to stop at the prayer garden, after you collect your children, to admire the wonderful display of flowers offered to Our Lady. May holds a special place in our school's calendar primarily because it is dedicated to honouring the Virgin Mary, the mother of Jesus. Our affirmations during 1M's assembly was all about being humble, listening to others and doing everything with love, in the same way Mary did.

With that said, 1M led us beautifully in prayer and reflection. For a Year 1 class I was especially impressed with how confidently they spoke when sharing and celebration the Word. They reminded us that during this season we are still celebrating. Through role play, action and music the children retold the story of the Pentecost, a special event when Jesus' friends, the disciples received the Holy Spirit. Thank you to Mrs Munro and all the adults for preparing the children.

To round off the week, Grace Cory, our Diocesan School Improvement Partner, came to visit the school and she spent time in all classes watching the children's learning and looking at their work. She was especially impressed with how well the Year 6 children engaged in Visio Divina where the children look at images and artwork and think about stories from the Bible, responding to what they hear or see through prayer.

We are always so proud of how our children respond when we have visitors in the school. Next week, I look forward to seeing many of you at the Friends of SSPP Coffee Morning where I will be sharing with you ways in which you can get involved in school life through the PTA.

As we approach the upcoming Bank Holiday weekend, it's a wonderful opportunity to pause and appreciate the many blessings in our lives and the vibrant spirit of our community. Engaging with your children about their RE homework can be a rewarding way to do this. Dedicating time to discuss and reflect on what they've learned in school each week not only deepens your understanding of their educational journey but also strengthens the connection within your family. Enjoy these insightful conversations and the chance to see the world through your children's eyes.

Enjoy your weekend,

Blessings,

Ms Osei

Head Teacher

Headteacher

Ms Osei

Deputy Headteacher

Mrs Hull

Assistant Headteacher

Mr Roca-Mas

DATES FOR YOUR DIARY

Monday 6th May

Bank Holiday

Tuesday 7th May

EYFS & KS1 Road Safety Show

Tuesday 7th May

Deaf Awareness Day

Wednesday 8th May

School Photos

Monday 13th May

Y6 SATs Week Begins

LINKS

School Website:

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

Twitter - X:

https://twitter.com/SSPP_Primary

UNICEF Article 19

Governments must do all they can to ensure that children are protected from all forms of violence, abuse, neglect and mistreatment by their parents or anyone else who looks after them.



Gospel Reflection (John 15:9-17)

Jesus said to his friends, "As the Father has loved me, so I have loved you. Remain in my love. If you do as I ask, then you will remain in my love and you will be completely filled with my joy. I call you friends, because I have made known to you everything I have learnt from my Father in heaven. You did not choose me, no, I chose you. You are my friends if you do what I tell you. The command I am giving you is this: love one another, as I have loved you."

Jesus wants us to love each other with just as much care and concern as we have for ourselves. Think about what the word 'love' means to you. When did you last show love towards someone? How did you show your love?

When we follow Jesus' command to 'love one another', we can be sure that God is with us. Each of you decide on something you can do in the coming days to share your love - to love as Jesus loves. Perhaps you can: as a family, call someone who may be sick or lonely; forgive someone and be friends again; be peacemakers; be extra helpful by putting others' needs first.

Prayer for the week

Dear Lord Jesus, thank you for being our loving friend. Please help us always to love you and to keep growing in love for one another. Amen

"The family's strength lies in its capacity to love and to teach how to love. Let us ask the Lord for the grace to love everyone."

Star Pupil Awards

N	
RC	Moosa
RK	Aarav
1M	The Whole Class
1S	Harleen
2B	Jasleen
2I	Harper
3P	Ramjith
3W	Alyssia
4A	Thasvin
4C	Beka
5C	Yusuf
5S	Arpan
6B	Tryphena
6R	Ashley

Attendance w/e 3rd May 95.76%

Class	% (Target 95.5%) Class attendance weekly percentages since the 4 th September 2023 Gold = Highest Green = Above 96% Red = Below 96%
RC	94.17%
RK	91.30%
1M	96.33%
1S	93.31%
2B	96.07%
2I	97.86%
3P	98.00%
3W	96.52%
4A	98.64%
4C	**100.00**%
5C	97.20%
5S	96.80%
6B	94.44%
6R	96.35%



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 6th May

Bank Holiday

Tuesday 7th May

EYFS & KS1 Road Safety Show

Tuesday 7th May





Deaf Awareness Day

Wednesday 8th May

School Photos



Final House Points Totals

NEWMAN		5893
MANNING		6044
VAUGHAN		7357
WISEMAN		8341



SCHOOL NEWS

Saint of the Week: St Athanasius (c. 296–373)

Little is known about the early life of Saint Athanasius, but much is known about his unwavering leadership, courage, and depth of faith, due to the voluminous writings he left behind. One story relates that when Athanasius was only a child, he and two friends were playing on the beach when the Bishop of Alexandria noticed them. The bishop observed that young Athanasius was pretending to baptize the other boys, in imitation of the bishop himself. After examining Athanasius' faith and understanding of the sacrament, the bishop declared that Athanasius' baptisms of the other boys were truly valid. The bishop then took Athanasius under his wing and saw to it that he received the best education the flourishing Christian city of Alexandria could offer him. He became an excellent student and especially immersed himself in the Holy Scriptures.

At that time, Alexandria was an important trade centre, with a mixture of Greek and Roman culture. The faith was strong and the city's schools were renowned. What came out of Alexandria affected the entire Church. In 311, the Bishop of Alexandria was martyred in one of the final Roman persecutions of the faith. In 313, the Emperor Constantine issued the Edict of Milan, legalizing the practice of the Christian faith. Upon completing his education, Athanasius was ordained a deacon in Alexandria. As a deacon, his knowledge of Scripture would especially be made known through his first great work, *On the Incarnation of the Word*, in which he powerfully articulates that Jesus is the divine and eternal Word of the Father.

With the legalization of Christianity and the end of external persecutions of the Church, a new attack on the Church began—this time from within. Around the year 318, Arius, a priest in a wealthy parish in Alexandria, pronounced from the pulpit that his bishop was a heretic. He promoted his belief that the Son of God was subordinate to the Father, did not share in His divinity, and was, therefore, neither eternal nor co-eternal. In 321 a synod of nearly 100 bishops was held in Alexandria, and they rejected the teachings of Arius. Arius subsequently rejected the bishops and fled to Palestine where he continued to spread his errors.

Later testimony also states that Deacon Athanasius was one of the clearest and most convincing voices in support of the divinity of Christ



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

Article of the Month

Governments should make sure that children are properly cared for.

There should be laws to protect children from violence, abuse and neglect from adults.

Article 19 of the UNCRC makes it clear that children and young people have the basic human right to dignity. This means they have the right to be protected from violence, just like everybody else.

The UNCRC considers **violence** to happen when someone attacks a person's mental state as well as when they attack a person's body. Because of this, verbal abuse and intimidation are both considered to be forms of violence.

As well as being protected from violence, Article 19 of the UNCRC says that children and young people should be kept safe from:

- all forms of exploitation, abuse in all forms, neglect, exposure to accidents, and violent images.

Article 19 of the UNCRC says that if someone uses violence against a child or young person, it's never acceptable or justifiable. It should be possible for them to report a violent act in a safe and confidential way, and reports made by young people should be investigated by the authorities.

It should be possible for a person who commits an act of violence against a child or young person to be taken to court. When this happens, the child or young person who the act was committed against shouldn't be discriminated against because someone has been violent towards them, or because they've spoken up about it.

If you believe you need to report abuse or violence against a child or a young person, you can call for free **Childline on 0800 1111** or in case of emergency, **999**.

Please check our school website for more guidance on safeguarding:

<https://www.sspeterandpauls.redbridge.sch.uk/pupils/safeguarding-pupil-zone>



© UNCRC Article 19

I have the right to be protected from being hurt or badly treated

West Ham Corner

The result really didn't help either team as Liverpool were held to a 2-2 draw at the London Stadium last weekend.

Europe next season is now looking very unlikely for the Hammers, which could impact on any managerial or player recruitment. Never fear though, Fabianski, Ogbona and Cresswell have all been offered year extensions to their contracts and with a spritely combined age of 108 – that is great for planning for the future.

In the game, West Ham took the lead just before half time, with front runner for player of the season Bowen scoring a glancing header.

Three minutes into the second half Liverpool were level and then went ahead in the 65th minute with a ricocheted own goal off Areola.

There was then a bizarre moment where no foul was called, but Areola took it upon himself to roll the ball away from his feet towards the Liverpool striker. Thankfully the ref then had a nightmare, blew his whistle and then proceeded to encourage Areola to go down for treatment to justify why he hadn't let the striker have a tap in.

In the 77th minute, Antonio scored leaving both teams with a point, helping neither.

Latest Result: West Ham United 2 – 2 Liverpool

League Position: 8th



Recommended Read Year 6



When her dad is kidnapped by a woman with a giant hamstoceros, Bitsy and best friend Kosh are swept into a secret world of ancient meteorites and strange beasts called magicalia, the friends must quickly become conjurers themselves, before following a trail of clues that will take them from London to India to Paris, in a race to rescue Bitsy's dad from a mysterious villain...

If you liked this then try:
'Wonderscape' by Jennifer Bell

'Greenwild: The World Behind the Door' by Pari Thomson

'The Whisperwicks: The Labyrinth of Lost and Found' by Jordan Lees



Top Ten

Most correct answers over the last 7 days:

Rank	Name	Year Group
1	Manasvi	Year 4
2	Nathaniel	Year 4
3	Rohin	Year 3
4	Aiden	Year 4
5	Kevin	Year 4
6	Riddhi	Year 4
7	Izzy	Year 4
8	Leah	Year 3
9	Thasvin	Year 4
10	Martin	Year 2

Community News



We offer our prayers for the families of all those affected by the tragedy in Hainault this week, especially to those who knew young Daniel Anjorin who sadly lost his life in the attacks.



Recent Tweets – @SSPP_Primary



SSPPCatholicPrimary
@SSPP_Primary

As part of Stress Awareness Month, SSPP's Well-being Champions shared tips & advice with pupils on how to reduce stress & help them manage their emotions. During a special assembly delivered this week, the children explained how stress triggers a freeze, flight, fight response.



SSPPCatholicPrimary
@SSPP_Primary

Wednesday saw our annual Marian procession. Starting as a collective worship in our hall, where we gathered, listened to Scripture & how Mary said 'yes' to God, crowned Mary, then responded through prayer & song, children then processed with flowers to lay in our prayer garden.



#BOOKMATCH

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IF YOU LIKE SAM COPELAND, READ THESE

For more #BookMatch & similar suggested reads, visit TheReaderTeacher.com

Author Book Match



Sam Copeland

- + Charlie Turns Into A T-Rex
- + Charlie Morphs Into A Mammoth
- + Charlie changes Into A Chicken
- + Uma And The Answer To Absolutely Everything

Marian Procession

Wednesday saw our annual Marian procession. Starting as a collective worship in our hall, where we gathered, listened to Scripture and how Mary said 'yes' to God, crowned Mary, then responded through prayer and song. All children in the school then processed with flowers following the statue of Mary, which was being carried, in order to lay the flowers in our prayer garden.



Preferential Option for the Poor

*We work wherever the need is greatest.
We refuse to accept the suffering of our
brothers and sisters. No one should be
beyond reach of the love and support
they need.*



Wellbeing Champion Assembly

As part of Stress Awareness Month, SSPP's Well-being Champions shared tips and advice with pupils on how to reduce stress and help them manage their emotions. During a special assembly delivered this week, the children explained how stress triggers a freeze, flight, fight response in the body to help them better understand why they can become overwhelmed by their emotions. They demonstrated this using the hand model of the brain and a stress bucket to show what happens when we experience too much stress. They then shared advice on how to reduce stress and stop our stress buckets filling up and overflowing.



RECEPTION MADE MUSICAL INSTRUMENTS



THE CHILDREN MADE SHAKERS, DRUMS AND GUITARS.

The children have been exploring how to make musical instruments.

The children thought about what materials they wanted to use to make their instrument and then added rice or lentils to their creations. The children thoroughly enjoyed using their instrument and using it in time with music.

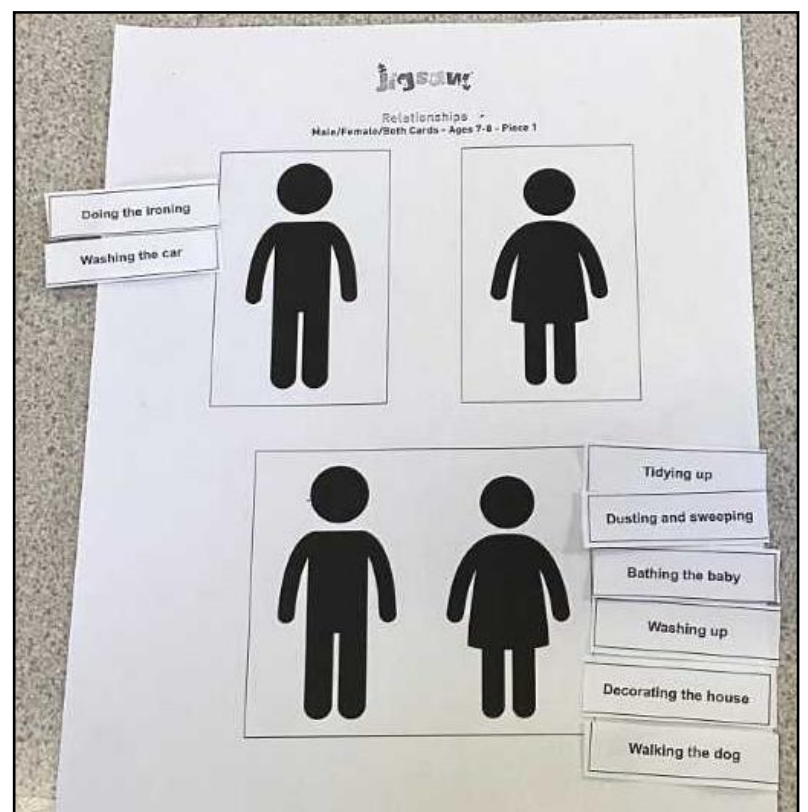
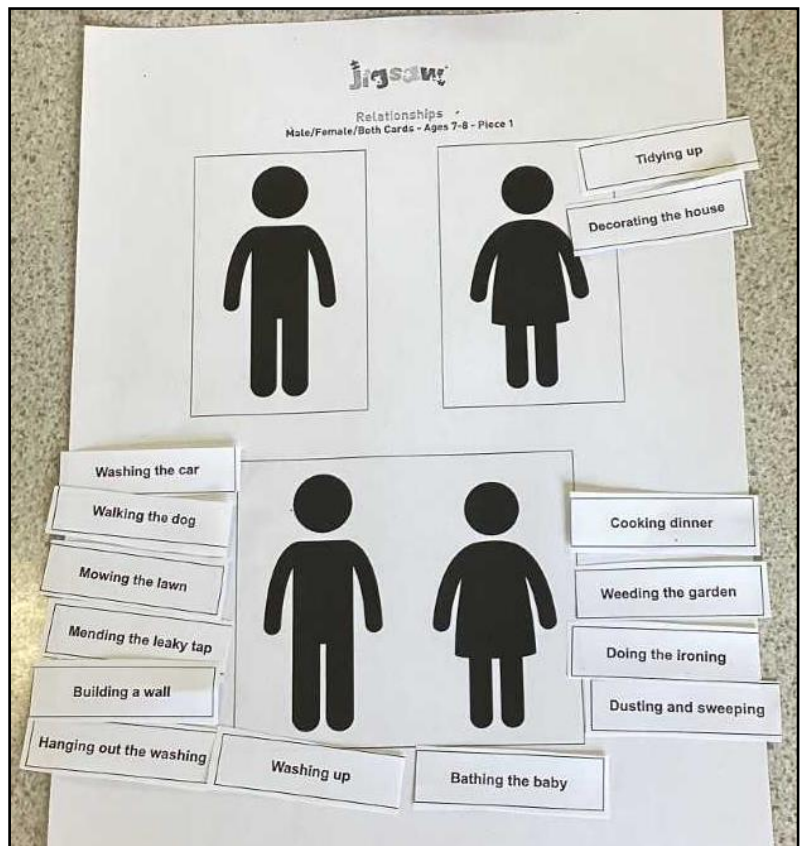


MUSICAL INSTRUMENTS



Year 3 – PSHE

Year 3 had an interesting Jigsaw PHSE lesson this week talking about family roles and responsibilities and the expectations for males and females. We discussed whether some jobs were more suitable for men, or for women and the stereotypes around these. The children then had to sort a list of responsibilities around the home according to if they thought it was a job mainly for men, for women or for both. The results were interesting and varied. What do you think?



EYFS – Family Exploration

Wednesday 21st May will be our next family exploration day.

Reception: 9am – 10am

Nursery: 9am – 10 am and 12.30pm – 1.30pm

We look forward to welcoming you all.



Tips to Help Manage and Reduce Stress

These are just some of the things we can do to reduce stress in our lives and stop us becoming overwhelmed by stress. We can:

- Do something physical or take time to exercise as this helps reduce stress hormones in our body.
- Do meditation, yoga or breathing exercises which will calm us down. Breathe in through your nose and slowly breathe out through your mouth. Keep repeating this several times.
- Do an activity which helps calm and settle our mind such as colouring, painting or listening to music.
- Treat everyone and their feelings with kindness and respect.
- Make sure we ask people how they are feeling, and if they are struggling, help them to ask for help from a trusted adult.
- Makes sure we eat well and drink enough water.
- Spend time outdoors or bring nature into our lives in any way we can.
- Get enough good quality sleep.
- Spend time with people we trust and who help us to feel good on the inside.
- Be kind to ourselves.
- Be kind to others.
- Share how we are feeling.
- Make time for things that make us happy and bring us joy.



COLOUR MIXING



**THE CHILDREN IN NURSERY
HAVE BEEN LEARNING
ABOUT COLOUR MIXING.**

The children have been reading the story Rainbow fish. To link into this text they explored how to mix different colours and then painted their own Rainbow fish.



PAINTING



1 Work out the value of each symbol.

$$\heartsuit + \heartsuit = 18$$

$$\heartsuit + \blacktriangle = 20$$

$$\blacktriangle + \odot = \blacktriangle$$

2 This money



is shared between 4 children.

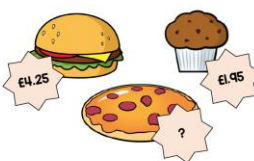


How much does each child get?



1 Leo has £25

He buys the following items.



He has £12.50 left.

How much does the pizza cost?

The pizza costs £6.30

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?
She cycled 51 km in the morning.



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>

Long gone are the days where eBay and Amazon were the only means of buying quality items online. The rise of user-friendly, accessible shopping apps has meant that getting clothes, gadgets and other goodies delivered direct to your door can be accomplished with a few touches of your phone's screen while you're on the go.

These apps aren't without their issues, however, and users still run the risk of scams, data breaches and other online safety concerns. Being aware of these dangers will go a long way to keeping your money and information safe, so you can still enjoy what these shopping apps have to offer. Our guide has some top tips to help protect young people on these purchasing platforms.

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.

What Parents & Educators Need to Know about SHOPPING PLATFORMS

For people looking to make purchases on their phones, several shopping apps – such as Temu – allow users to buy goods at reduced prices. Others, like Vinted and Depop, let you sell items you no longer want. As internet shopping continues to grow, however, so does the risk of scammers, hackers and breaches of privacy.

WHAT ARE THE RISKS?

MISSING ITEMS

Users of Vinted, Depop and Temu have reported not receiving their products despite payment being taken. Users can initially contact the seller to query a missing item, and they have between two and five days (depending on the app) to tell the company what has happened. However, once the money has reached the supposed 'seller', it can be quite difficult to get back.

SCAMMERS AND PHISHING

Scammers are always on the lookout for unsuspecting buyers or sellers. Common tactics include cancelling shipment of an item once the payment has been processed or asking to conclude the chat and payment outside of the app, where the victim is no longer protected by the buyer protection plan. This should, naturally, be avoided at all costs.

DATA MISUSE

Apps of all kinds frequently collect our data, often asking for more information than is necessary to set up an account. Data gathered in this way is then usually sold on to third parties for marketing purposes. Lately, certain apps have been under scrutiny for using spyware to track their members' activities – but all too often, the user's consent to this practice has been hidden away in the terms and conditions.

FAKES OR REPLICAS

It's certainly not unheard of for poor-quality products to be falsely marketed as luxury items, using misleading pictures or clever wording. These disingenuous sales are sometimes outed by suspiciously low price tags, but this isn't always the case. For children and young people especially, there's a risk that the promise of bagging a high-end item for a fraction of its usual price will outweigh any suspicions they may have.

SLOW REFUNDS

While all apps offer a refund if the product is damaged or doesn't match the description, it can take up to a month to be compensated for this. For many people (especially during a cost-of-living crisis) that can be a long time to be without both the product you bought and the hard-earned cash you spent on it.

MISLEADING DESCRIPTION

Some people will be able to notice when, say, a product's photo and its description don't seem to match. This isn't a reliable means of picking up on misleading marketing, however – especially not for children and young people, many of whom may not yet realise that such practices even exist. While it's illegal to advertise one thing and sell another, plenty of shady traders use clever wording and omissions to get around this.

Advice for Parents & Educators

ALWAYS STAY ON THE APP

It's vital that users pay for any goods through the same app on which they found them, to ensure they are covered by buyer protection. This means users can access support if the item arrives damaged, isn't as described, or doesn't arrive at all – allowing them to seek compensation for the loss. Such regulations can't protect you, however, if you didn't do the deal through the app in question.

BE WARY OF PHISHING ATTEMPTS

Scammers frequently send messages within these apps to steal personal and financial information from other users. Don't respond to these messages – and under no circumstances should you follow any links they contain. Check for spelling errors, as well as inspecting the name of the sender. Report any suspected phishing emails to the app's help centre – and notify your bank if you think your financial information has been compromised.

CHECK REVIEWS

Take time to read the reviews and comments left by other users – not just of products, but of sellers and buyers, to ensure they're legitimate and reliable. Before buying an item online, check the reviews for comments about the product's quality, the seller's communication and the delivery time. If you're selling, check the reviews of your buyer for red flags such as frequent requests for refunds or claims of 'missing' items.

KEEP SAFE AS A SELLER

Sellers can be exploited just as much as buyers. Some users may purchase an item, for example, then pretend it didn't arrive to secure a refund. Always take photos of the shipping label, along with a picture of you posting the item. Send the package's tracking number to the buyer and keep a copy for yourself, letting you investigate any future claims that it never arrived. When taking photos of items you're selling, ensure nothing personal is in the background.

10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

1 PRACTISE WORKLOAD WISDOM

The build up to exam season is such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.

2 ADVISE CLEARING THE CLUTTER

A disorganised work environment is proven to negatively affect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.

3 MASTER THE MATERIALS TOGETHER

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.

4 RECOMMEND CREATIVE NOTE-TAKING

Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.

5 USE VISUAL AIDS AND MNEMONICS

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.

6 GATHER A 'TECH TOOLKIT'

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be immensely powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.

7 KEEP IT FUN

Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.

8 SUGGEST ACTIVE REVISION STRATEGIES

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.

9 ENCOURAGE A POSITIVE MINDSET

It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it their all rather than aiming for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.

10 HELP THEM TO SEIZE THE DAY

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at Penistone Grammar School.



The
National
College

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/**



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/**



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/**

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
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.

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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.

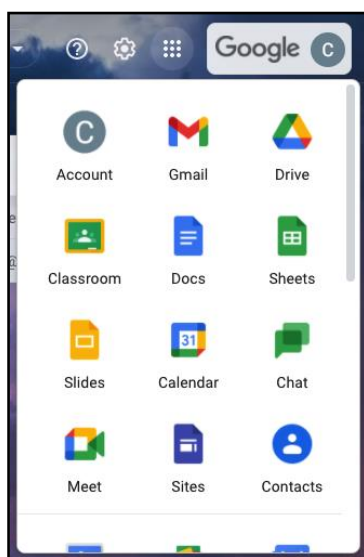
How do you log into a Google Classroom?

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.