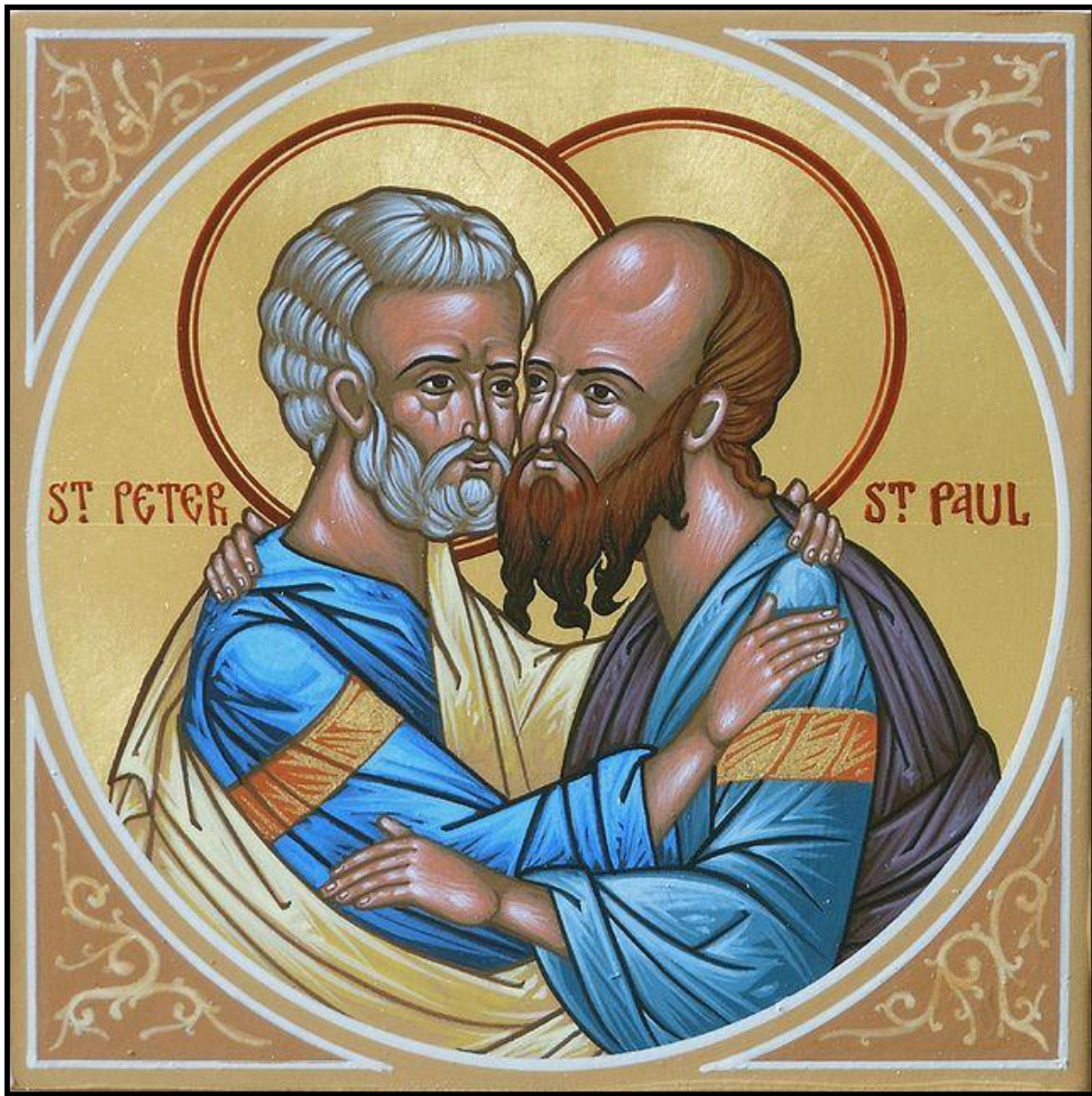




SSPP School News

26th June 2026 Issue 36



**BEING UNABLE TO
SLEEP IN THE HEAT
MEANS MORE TIME
FOR READING**



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



*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,

What can I say about this week? '**Unprecedented**' is certainly one word that comes to mind!

The heatwave has dominated both local and national news, presenting schools with a unique set of challenges. After careful consideration and a thorough review of our risk assessments, we made the decision to remain open. This was only possible because of the dedication, flexibility and teamwork shown by every member of staff. I would like to express my sincere gratitude to the entire SSPP team, who went above and beyond to ensure that the children remained safe, comfortable and able to continue learning despite the exceptional temperatures.

It has been wonderful to see how resilient the children have been. Whilst we adjusted our routines to include additional water breaks, indoor playtimes and 'cool down' sessions, learning certainly did not stop! Across the school, staff found imaginative and creative ways to engage the children, ensuring that every day remained purposeful and enjoyable.

Despite the heat, we were delighted that two very special musical enrichment opportunities were able to go ahead this week. On Tuesday, our Year 2 children visited the Barbican Centre, and yesterday our Key Stage 2 Choir had the privilege of performing as part of a spectacular week of orchestral music-making. The children returned inspired, excited and full of stories about the incredible performances they had witnessed and participated in.

These experiences do not happen by chance. We are grateful to Mrs Ayisah for the considerable time, organisation and passion she invests in providing these opportunities for our pupils. Her commitment continues to enrich the musical life of our school and opens doors to experiences that many of our children will remember for years to come.

Music is rapidly becoming one of the great strengths of SSPP. Today I had the pleasure of watching our Year 2 violin demonstration, and I genuinely experienced one of those 'wow' moments. Seeing such young children confidently reading musical notation from the screen and performing together reminded me of the power of a broad and ambitious curriculum. Every child deserves the opportunity to discover a talent, develop confidence and experience the joy that music can bring and we are proud to be nurturing this across our school. In the coming weeks many other year groups will also be showcasing what they have learned this year.

Thank you also for supporting today's non-uniform day. The children enjoyed wearing their own clothes whilst helping us prepare for next week's Summer Fete. A gentle reminder that if your child forgot to bring their packet of sweets, please could you send one into school next week. These donations will be used for our ever-popular Tombola stall, which is always a highlight of the fete. Your generosity and support make events like these such a success for SSPP.

A verse from Scripture that I came across this week brought me hope and gave me strength during some particularly challenging moments:

"Whatever you do, work at it with all your heart, as working for the Lord." Colossians 3:23.

I wish you all a restful and enjoyable weekend.

Ms Osei

Headteacher

Headteacher

Ms Osei

Deputy Headteacher

Mrs Hull

Assistant Headteacher

Mr Roca-Mas

DATES FOR YOUR DIARY

Monday 29th June

SSPP Feast Day Mass in school

Wednesday 1st July

EYFS, KS1 and KS2 Sports Day

Thursday 2nd July

Borough-wide Y6 Transition Day,
Reception Music Performance &
SSPP 40th birthday

Friday 3rd July

SSPP Summer Fayre (from
3.30pm)

Wednesday 8th July

Y6 Summer Production & EYFS
Tea Party

LINKS

School Website:

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

UNICEF Article 15

Every child has the right to meet with other children and young people and to join groups and organisations, as long as this does not stop other people from enjoying their rights.



You should be able to meet friends, unless there is a good reason why not.
U.N. Convention on the Rights of the Child Article 15

Gospel Reflection (Matthew 16:13-19)

Faith is a gift from God that greatly enriches our lives. A family full of faith is a family full of joy. What does the word 'faith' mean to you? Who do you know who has great faith in God? Who helps you to grow in faith and learn more about God?

As a family, talk about the faith you have in God. What can we do, in these coming weeks, to help our family's faith to grow? Perhaps we can: regularly read and talk about God together and with others; read the gospels; say morning or bedtime prayers together; ask God to help us grow in faith; follow Jesus by loving others; visit cbcew.org.uk visit our local parish church website for more ideas.

Prayer for the week

Dear Lord Jesus, thank you for the gift of faith. Please increase the faith of our family so that we can know you more closely. Amen.

"Faith is to believe what you do not see; the reward of this faith is to see what you believe." St Augustine of Hippo

Catholic Social Teaching Pupil Awards

RC	Ms Chandler
RM	Kairo & Mrs Munro
1B	Mr Bradley
1&2I	Ms Nahar
2S	Miss Skeete
3B	Mrs Bond
3P	Mrs Perry
4A	Mrs Ayisah
4W	Mr Wall
5A	Mrs Ali
5C	Mr O'Connor
6R	Mr Roca-Mas & Mrs Leary
6S	Miss Shah

Attendance w/e 26th June 2026

Class	% (Target 95.5%) Class attendance weekly percentages since the 6 th September 2024
	Gold = Highest Green = Above 96% Red = Below 96%
RC	94.2%
RM	**100.00%**
1&2I	90.8%
1B	89.0%
2S	86.9%
3B	97.1%
3P	92.1%
4A	90.4%
4W	90.5%
5A	92.9%
5C	90.4%
6R	98.3%
6S	88.6%



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.

Historical Britain This week in history...

21st June 1675

Construction work starts on Sir Christopher Wren's St. Paul's Cathedral in London.

22nd June 1814

The Marylebone Cricket Club and Hertfordshire play the first ever cricket match at England's Lord's Cricket Ground.

25th June 1797

Admiral Horatio Nelson is wounded in the arm in a battle with the French.

Upcoming Dates

Monday 29th June

SSPP Feast Day Mass in school

Wednesday 1st July

EYFS, KS1 and KS2 Sports Days

Thursday 2nd July

Borough-wide Y6 Transition Day, Reception Music Performance & SSPP 40th birthday

Friday 3rd July

SSPP Summer Fayre (from 3.30pm)





Wednesday 8th July

Y6 Summer Production & EYFS Tea Party



House Points Totals



NEWMAN		1996
MANNING		2124
VAUGHAN		1562
WISEMAN		1468



SCHOOL NEWS

Saint of the Week: St Josemaría Escrivá (1902–1975)

When today's saint was a young priest, he was a rather well-known speaker in Madrid, Spain. Besides being an excellent homilist, he also preached retreats, gave parish missions, and taught classes. A young woman heard that Father Josemaria was scheduled to give some lectures nearby and, in light of his reputation, was eager to hear him. But first she went to one of his Masses. After that, the woman had no interest in hearing him lecture; instead she wanted to discover God's will for her life. Saint Josemaria's example of intense devotion and prayerfulness in saying Mass made her rethink her entire vocation. A good priest disappears into his vocation, submerges himself in Christ, and communicates a divine, not a personal, message. He makes people think of God, not him. At Mass the priest is not himself, yet is fully himself. He performs a sacrament because he is a sacrament. The Sacrament of Holy Orders is hidden behind the aspects of a man, the Holy Eucharist under the aspects of bread and wine. Josemaria Escrivá was born in a small town in rural Spain. He attended diocesan seminaries in the nearby city of Zaragoza and was ordained a priest in 1925. In 1928 he experienced a vision which spurred him to found Opus Dei, an institution that quickly spread to all the major Christian countries. Opus Dei consists primarily of married lay men and women, while some members are unmarried and consecrated celibates. A few members are priests. After two thousand years of Catholic spirituality, it might be asked what new insight warranted the foundation of a new Church institution? It is a sign of the Church's theological and spiritual fecundity that Saint Josemaria did offer a new, approach to living as a disciple of Christ nineteen hundred years after Christ ascended.

In a homily from 1967, Josemaria states his spirituality in clear terms: "...God is calling you to serve Him 'in and from' the ordinary, material, and secular activities of human life. He waits for us every day in the laboratory, in the operating room, in the army barracks, in the university, in the factory, in the workshop, in the fields, in the home and in the immense panorama of work. Understand this well: there is something holy, something divine hidden in the most ordinary situations, and it is up to each one of you to discover it."

In other words, there is no need for a serious lay Catholic to abandon his work and routine, his family life, or his everyday relationships to fulfill God's will. God is found in and through ordinary life. Cardinal Albino Luciani, later Pope John Paul I, perceptively noted that Saint Josemaria was not teaching a 'spirituality for lay people,' as Francis de Sales taught, but a 'lay spirituality.' It is not a question of praying the rosary while sweeping the floor, or contemplating scripture while driving. It is about "materializing" holiness by converting ordinary, well-done work into a sacrifice and prayer to God. Ordinary work, then, is not just the context, but the raw material, for lay holiness. All jobs are important. Daily life is not a distraction from God's will for us. Daily life is God's will for us. When we get to work we get to God.



St JOSEMARÍA ESCRIVÁ

Rights Respecting / Global Action – Mrs Ionita & Ms Ali's Weekly Information

This half term, our children have continued to learn about their rights and how these help everyone feel safe, respected and valued. Through class discussions and everyday school life, they have explored the importance of kindness, fairness and taking responsibility for their actions, supporting **Article 2 (Non-discrimination)**, **Article 12 (Respect for the views of the child)** and **Article 29 (Goals of education)**.

With the recent warm weather, we have also focused on **Article 24 (Health, clean water and a healthy environment)** and **Article 31 (Rest, play and leisure)**. We have made sure that children have regular opportunities to drink water, use shaded areas and stay safe while enjoying outdoor learning and play. By understanding their rights and respecting the rights of others, our children are becoming thoughtful, caring and responsible members of our school community.

West Ham Corner



There is always an element of pride when a player goes from your club to represent their country at a major tournament such as the World Cup, and that is the case for many West Ham players.

For some, like Summerville, it is beneficial to both him and the club, for him to have a great tournament as it is adding zeroes to his transfer fee each time he plays.

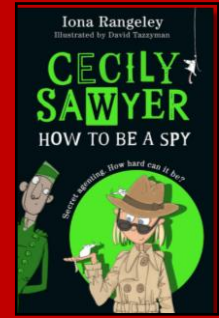
For others though it is not such a win-win. Soucek faced Alvarez' Mexico on Wednesday night and suffered a concerning-looking injury late on as his Czechia side fell to a 3-0 defeat

With about six-and-a-half minutes remaining of the 90 and his side 2-0 down at that point, the 31-year-old - who had been introduced to the action shortly after the hour mark - appeared to roll his ankle while closing down Mexico goalkeeper Guillermo Ochoa, before collapsing to the ground in agony.

After receiving treatment on the field Souček was able to hobble off, and he was then carried away from the sidelines on a stretcher and replaced by Alexandr Sojka.

We await his return to England where the level of the injury will be assessed.

Recommended Read Y2



Cecily Sawyer has spent the evening in the attic, training her pet mouse, Mrs Maple-Syrup – an unusually intelligent mouse, in Cecily's opinion – when her parents disappear.

Luckily, Cecily is more than ready to investigate such a thing. She has wanted to be a spy her whole life, and has all the spy handbooks, manuals and code-cracking kits a girl could need.

But soon, Cecily discovers several very strange things in her city. She's not the only spy out there – far from it, in fact. And Mrs Maple-Syrup is not the only unusually intelligent mouse...

If you liked this then try:

+ 'Cecily Sawyer: How To Crack A Code' by Iona Rangeley

+ 'Einstein The Penguin' Series by Iona Rangeley

Times Tables Rock Stars Top Ten

Most correct answers over the last 7 days:

Rank	Name	Year Group	Correct Answers
1	Mcneil	Year 5	2918
2	Jorawar	Year 4	1813
3	Morgane	Year 5	998
4	Maxen	Year 3	731
5	Aarash	Year 5	209
6	Aaron	Year 4	154
7	Neeya	Year 5	145
8	Hermon	Year 1/2	132
9	Rhema	Year 6	126
10	Vedha	Year 4	44



Recent Tweets – @SSPP_Primary

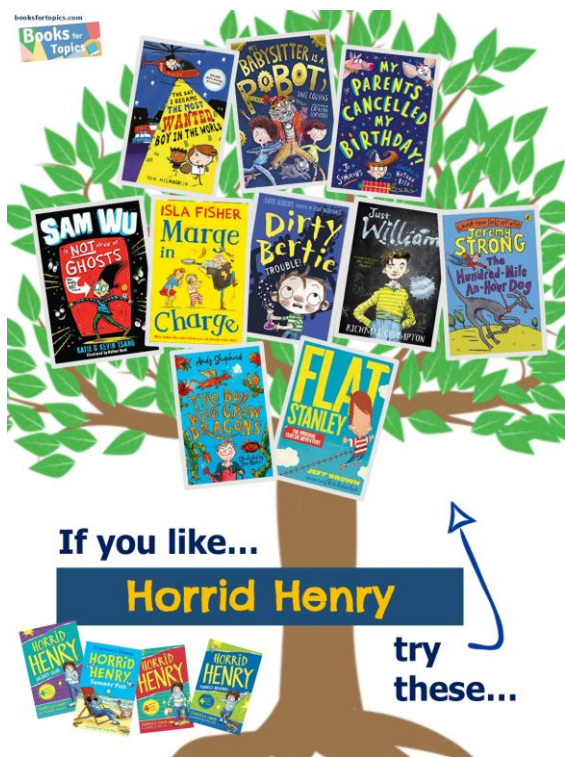


With the weather looking like it will return to more usual June temperatures next week, our Sports Day will be going ahead on Wednesday 1st June. We will once again be supported by the fantastic staff and pupils of @Palmer_Catholic. EYFS/KS1: 9:30am KS2: 1:30pm #SSPP



Sadly, the Colours of Redbridge Treasures of the Tide parade has had to be postponed this Saturday 27th June. Further information regarding the event will be shared soon along with updates from the Colours of Redbridge, which can be found here: coloursofredbridge.com/events/treasure...





Author Book Match



'Francesca Simon'

- + 'Horrid Henry' Series
- + 'Two Terrible Vikings'
- + 'The Monstrous Child'
- + 'Don't Cook Cinderella'
- + 'The Lost Gods'

Sports Day

With the weather looking like it will return to more usual June temperatures next week, our Sports Day will be going ahead on **Wednesday 1st June**.

We will once again be supported by the fantastic staff and pupils of Palmer Academy.

Please ensure that you have applied sun cream to your child, and that they have a hat and water bottle with them on the day, alongside their full PE kit. With so many children to consider, it cannot be the teachers' responsibility to organise and provide these.

EYFS/KS1: 9:30am

KS2: 1:30pm



Colours of Redbridge – Parade Update

Sadly, the Colours of Redbridge Treasures of the Tide parade has had to be postponed this Saturday 27th June. This is due to the Met Office extreme high temperature warning for this weekend. The event organisers are looking for an alternative date in September at the end of the summer season.

Further information regarding the event will be shared soon along with updates from the Colours of Redbridge, which can be found on the website link:

<https://coloursofredbridge.com/events/treasures-of-the-tide-street-parade/>



SSPP – 40th Anniversary

Actually, that is underselling the school a little. St. Peter and St. Paul's Roman Catholic junior and infant schools originated in 1900 through the work of Canon Patrick Palmer as the first Catholic school in Ilford. Its original site was on the High Road next to the Parish Church and where the Cardinal Heenan centre now resides.

In 1961, whilst still on that same site, it was re-organised for both juniors and infants.

Work was then completed in the 80s on a new site for the now fully blossomed school which was built here, on Gordon Road.

On the 2nd July 1986, Bishop Thomas opened the school as we know it.

Therefore, on the 2nd July 2026, SSPP celebrates its 40th birthday.

Our Summer Fayre on the 3rd July will be a lovely way for our community to come together and celebrate this milestone.



Online Safety Workshop for Parents at SSPP

There will be an online safety workshop for parents next **Friday 3rd July 2026 at 9am.**

At this crucial workshop, you will be able to:

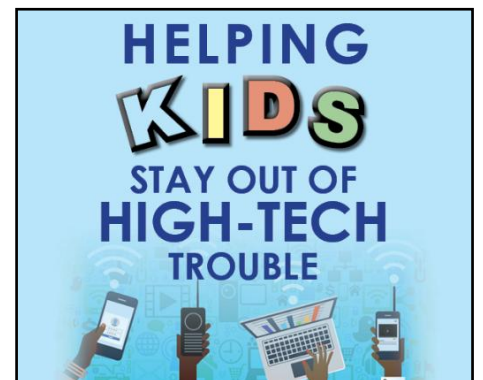
Explore the latest online safety guidance and digital trends;

Discuss popular apps, games and social media platforms used by children and some of the dangers associated with them;

Share practical strategies for promoting healthy and safe technology use at home;

Hear about signposts to trusted websites and online resources that provide step-by-step guides for setting up parental controls, privacy settings and device safety features;

Share reliable sources of advice to help families stay informed about the digital world.



Year 3 – 'PE'

It was far too hot to do PE for our last lesson of the day on Friday so Year 3 had some water play to cool down instead. Some might even say it was better than doing PE. In this weather at least!



SSPP Summer Fayre

Our annual Summer Fayre will take place on **Friday 3rd July** straight after school. There will be many stalls to peruse and games to play, along with food and drink to buy to enjoy the event.

Thank you to all the children who brought in donations for our non-uniform day today. These will all be used as prizes and on stalls next week.



Music At The Barbican

This week was one to remember as both our Year 2 children and school choir enjoyed unforgettable musical experiences at the Barbican Centre with the world-renowned London Symphony Orchestra.

On Tuesday, Year 2 travelled to the Barbican to watch the exciting concert *Swans! Planes! Ships! Trains!* The children discovered the four families of the orchestra; strings, woodwind, brass and percussion and were fascinated to see how each section contributed its own unique sound. They watched the conductor skilfully lead the musicians, bringing the music to life and were thrilled to have the opportunity to sing alongside the orchestra themselves. It was a wonderful introduction to the magic of live orchestral music and an inspiring experience for our young musicians.

The musical excitement continued on Thursday when our school choir returned to the Barbican for *Music and the Movies*. Alongside hundreds of children from schools across London, the choir learnt a brand-new song and joined together in a spectacular massed performance with the London Symphony Orchestra. From soaring melodies to dramatic fanfares, the concert was full of energy, excitement and cinematic magic.

After weeks of dedicated rehearsals, the children performed with confidence and enthusiasm, experiencing the thrill of singing as part of a huge choir in one of London's most prestigious concert halls. Seeing the conductor in action, hearing the power of a full orchestra and sharing the stage with so many young singers made for an unforgettable experience. We were incredibly proud of the choir's commitment, teamwork and wonderful singing—they represented our school brilliantly.

Here's what some of our pupils had to say:

"Honestly I like everything but the most exciting part was when we entered the Barbican Hall!"
Kevin, Year 6

"My favourite part was hearing the London Symphony Orchestra play live." Jasmine, Year 5

"There were so many musicians on stage playing violins, trumpets, harps, cellos and lots of other instruments. It was amazing!" Alyssia, Year 5

"Our trip began right outside school, travelling from our local streets to the historic City of London aboard London's newest and fastest train." Jojo, Year 6

"I have to say, it was a once-in-a-lifetime experience. I am really glad I visited the Barbican Centre" Dhvija, Year 6

What a fantastic week of music, learning and inspiration. We hope these special performances have sparked a lifelong love of music and perhaps even inspired some future orchestral musicians!



BARBICAN HALL

Barbican Hall is famous worldwide for its unique design and incredible venue. The perfect views are a privilege to experience, especially the L.S.O (London Symphony Orchestra)!

Getting to Barbican Hall is a smooth and exciting adventure across London. Our journey started right at the school, taking us from local streets to the historic heart of the city using London's newest, fastest train.

Last but not the least, I would like to appreciate the hard work of our wonderful members of staff, for sacrificing their time to enjoy the beautiful performance from the global music experts.



MUSIC
AND THE
MOVIES

J.J.

Colours of Redbridge

Earlier this week, some pupils in Key Stage Two took part in an interactive and exciting drumming workshop. During the session, the children learnt rhythms and drumming techniques whilst being supported by East-London-based samba collective, Drum Works and some parents. The pupils learnt and practiced a variety of rhythms, as well as having the opportunity to play their very own small-scale samba drum. The wonderful sounds created could be heard all around SSPP and all involved had much fun!

To celebrate their learning, the children will be displaying their performance as part of the Colours of Redbridge parade. The parade will take place this September in Ilford with our whole school community welcome to join us and celebrate.

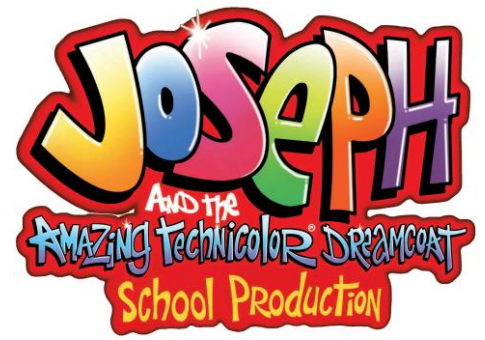


Year 6 Production

The Year 6 summer production of 'Joseph And His Amazing Technicolour Dreamcoat' will take place on **Wednesday 8th July**.

Children will be due back at school for 5.00pm where their costumes will be waiting. The show will start promptly at 5.30pm.

We hope that parents will make the effort to attend the show, but if that is not possible, all children will need collecting. No child will be allowed to travel home alone when the show concludes around 7.15pm



Year 6 Parents – Year 6 Leavers' Mass & Celebration

Our Year 6 Leavers' Mass (for our Year 6 pupils and their families) will take place with Father Andrew on **Thursday 16th July** starting promptly at **6:00pm**.

Once mass has concluded in our school hall, there will be a short celebration party (hopefully outside if the weather plays ball), where some food, drinks and music will be provided.

Initial food and drink will be free for our Year 6 pupils, but there will be a small charge for parents and family members who partake.



School Disco Success!

A huge thank you to everyone who helped make our recent School Disco such a fantastic event. The children all had a wonderful time and thoroughly enjoyed an evening filled with music, dancing and fun.

We would like to give special thanks to our amazing PTA, whose hard work and dedication made the event such a success. We are also incredibly grateful to all the volunteers who gave up their time to help before, during and after the disco.

Thanks to your support and generosity, the event raised an impressive **£474.87**, which will go towards supporting future opportunities and experiences for our children.

Thank you once again for helping to make the evening so memorable!



Request For Help



Parents, family members or family friends in STEM Careers we need you!

SSPP is holding a STEM Week beginning the **6th July 2026**.

The whole school will participate in a week full of different activities based on this year's theme- Curiosity- What's your question? **We are looking for any parents, family members or family friends who have a career in STEM**, this might be from Medicine to Engineering to Textiles to Architecture. You'll be able to talk to classes or Year Groups on your career experiences, how you got in to your job role and what you enjoy about what you do. There may also be Q&A's or the chance to work with pupils on their projects.

You might even want to show a demonstration of what your job entails!

If this is something that you or someone you know would be interested and are available at some point from **Monday 6th July- Friday 10th July** , then please email admin.sspeterandpauls@redbridge.gov.uk with the subject '**STEM Week Volunteer**'

This is a great opportunity to celebrate everything STEM, broadening our children's minds and experiences of the skills and jobs in this field.

We look forward to hearing from you! Many thanks – Miss Skeete and Mrs Perry

London Borough of Redbridge

HAINAULT YOUTH CENTRE

FUTURE FOCUS & FUN

Are your exams over?
16 to 18 years old?

Do you need help & support with your future plans & life skills?

CV writing
Interview skills
First aid certificate
Food & Hygiene
Cooking Session
Team work
Leadership
Life skills
day trip

Do you want to gain employability & life skills certificates?
Sign up to take part in the 3 weeks sessions
Tuesday 30 June to Thursday 16 July 2026

If you are interested please email youthservice@redbridge.gov.uk we have limited space available
New members must register using Redbridge Youth Service Registration online prior to booking.
<https://www.redbridge.gov.uk/young-people/get-involved-see-whats-on-for-you>

How to register
<https://eequ.org/book/future-focus-fun-2026-with-redbridge-youth-service-8909>

Hainault Youth Centre
116 Huntsman Road, Hainault, IG6 3SY
youthservice@redbridge.gov.uk
0208 500 8071 / 07908 809765

Child Friendly London
Redbridge Youth Council
YEES
Community Action Redbridge
connexions

London Borough of Redbridge

HAINAULT YOUTH CENTRE

FUTURE FOCUS & FUN

Week 1

Wednesday 1 July
10.30am - 1pm **Food & Hygiene level 2**
12pm - 3pm **Cooking & Centre activities**
2pm to 4pm **Food & Hygiene level 2**

Thursday 2 July
9.30am - 4.30pm **Emergency First Aid**

Week 2

Tuesday 7 July
10.30am - 12.30pm **CV writing & Interview prep**
12pm - 3pm **Cooking & Centre activities**
2pm - 3pm **Basic - first aid**

Wednesday 8 July
10.30am - 1pm **Healthy & budget friendly cooking**
12.30pm - 3pm **Cooking & Centre activities**
2pm - 3pm **Better with my money**

Thursday 9 July
9.30am - 4.30pm **Emergency First Aid**

Week 3

Tuesday 14 July
10.30am - 12.30pm **CV writing & Interview prep**
1pm - 2.30pm **Motivational & Inspiring talk**
12pm - 3pm **Cooking & Centre activities**

Wednesday 15 July
10.30am - 12.30pm **Introduction to volunteering**
12pm - 3pm **Cooking & Centre activities**

Thursday 16 July
9am - 6pm **Day Trip** Limited space
Lambourne End Outdoor Activity Centre

New members must register using Redbridge Youth Service Registration online prior to booking.
<https://www.redbridge.gov.uk/young-people/get-involved-see-whats-on-for-you>

How to register
<https://eequ.org/book/future-focus-fun-2026-with-redbridge-youth-service-8909>

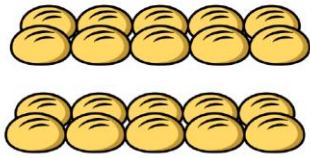
Activities & programme may change due to unforeseen circumstances

Hainault Youth Centre
116 Huntsman Road, Hainault, IG6 3SY
youthservice@redbridge.gov.uk
0208 500 8071 / 07908 809765

Child Friendly London
Redbridge Youth Council
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The answer to the KS2 problem seen in our last Newsletter:

1 Sam has these bread rolls to sell.



He sells 14 of the bread rolls.
How many does he have left?

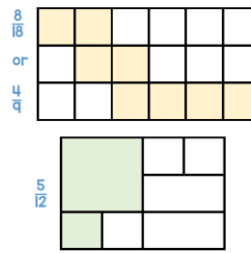
2 Emma has 3 tins of paint.



Each tin contains 5 litres of paint.
Emma uses 7 litres of paint.
How many litres of paint does Emma have left?



1 What fraction of each rectangle is shaded?



2 Work out the following fraction calculations.

(a) $\frac{3}{6} + \frac{1}{2} = 1$
 (b) $\frac{2}{5} + \frac{7}{15} + \frac{3}{5} + \frac{8}{15} = 2$
 (c) $1 - \frac{1}{5} - \frac{3}{10} = \frac{1}{2}$



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://nationalonlinesafety.com/>

From using them for communication, work, shopping and entertainment, devices such as smartphones, laptops and the rest are now deeply ingrained into modern society. Small wonder, then, that young people – who've grown up surrounded by such gadgets – can sometimes struggle to put them down, switch them off or keep themselves occupied without them.

While limiting our screen time may require a great deal of restraint, the effort can be rewarded with significant benefits to our physical and mental health. Our *WakeUpWednesday* guide has simple tips for helping to manage the amount of screen time in your household – encouraging the whole family to spend more quality time together and live in the moment.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.

DEVISE BOX

The National College

NOS National Online Safety

#WakeUpWednesday

Twitter: @natonlinesafety | Facebook: /NationalOnlineSafety | Instagram: @nationalonlinesafety | TikTok: @national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.01.2023

Redbridge Mental Health Support Team presents...

PARENT AND CARERS IN MIND: WEBINARS FOR WELLBEING

Hear from mental health professionals about how to promote your child's emotional health and wellbeing. Our summer webinar offer continues with three popular topics

REGISTER NOW!

ENCOURAGING POSITIVE BEHAVIOUR WITH YOUR PRIMARY AGED CHILDREN

In this webinar, we look at behaviour as a form of communication and how testing boundaries is a normal part of child development. Learn to enhance your child's emotional regulation and promote positive behaviour through play, boundary setting and clear expectations.

WED 20.05.26 7-8PM

TALKING WHEN IT MATTERS: STRATEGIES FOR SUPPORTING YOUR CHILD'S IDENTITY

Join this webinar exploring how identity develops through an LGBTQIA+ perspective and the impact of minority stress. The session includes practical tips and strategies to help you navigate challenging conversations with confidence, supporting you and your child to feel emotionally safe..

TUES 16.06.26 7-8PM

DEVELOPING BETTER RELATIONSHIPS WITH TEENAGERS

In this webinar, we focus on working together with your teenagers to support positive communication. We will look at the development of the teenage brain and implications for emotional regulation. You can learn strategies for giving effective instructions using a "connection before correction" approach.

THURS 16.07.26 7-8PM

SCAN ME!



FOR MORE INFORMATION & TO SIGN UP

CLICK HERE,

VISIT WWW.REDBRIDGE.GOV.UK AND SEARCH 'MHST'

OR GO TO LINKTR.EE/REDBRIDGEMHST

London Borough of
Redbridge
#BREAKTHESTIGMA



Active Stars

Managed by Vision Redbridge Culture & Leisure

Free



Learn about healthy eating

Join in with fun activities and games

Create long term positive change

Discover delicious new recipes

Win prizes to help your healthy habits

For more information:

Scan the QR code

vrcl.uk/visionrdactivestars
activestars@visionrcl.org.uk



Find out from our Stars...

sharan 😊

I made new friends and enjoyed Active stars.
I got a certificate to

samreet ❤️

I enjoyed coming to Active Stars. I liked completing quizzes and taking part in all the activities.

Who is it for?

Children aged 5-11 who live, go to school or have a GP in Redbridge. Their families can come too!



London Borough of Redbridge

child friendly Redbridge

LOXFORD YOUTH CENTRE

FREE YOUTH SESSIONS FOR 11-18 YEAR OLDS



BASKETBALL



FOOTBALL



ARTS & PAINTING



COOKING



TABLE TENNIS



BADMINTON



MUSIC ACTIVITIES



& MANY MORE!

LOXFORD YOUTH CENTRE
Loxford Lane, IG1 2UT

FOR FURTHER INFORMATION

Please scan the QR code or contact Claudia

07586 713864



TO FIND OUT MORE ABOUT OUR ACTIVITIES AND HOLIDAY PROGRAMMES

LOXFORD YOUTH CENTRE



SUMMER PROGRAMME DATES

WEEK 1

- Tuesday 21st July
- Wednesday 22nd July
- Thursday 23rd July

WEEK 2

- Tuesday 28th July
- Wednesday 29th July

WEEK 3

- Tuesday 4th August
- Wednesday 5th August
- Thursday 6th August (Trip)

WEEK 4

- Tuesday 11th August
- Wednesday 12th August
- Thursday 13th August



SESSIONS RUN FROM 11AM - 3PM
A FUN, SAFE & FRIENDLY SPACE FOR ALL!



LOCATION
Loxford Youth Centre
Loxford Lane
IG1 2UT

ACTIVITIES, FRIENDS & MEMORIES ALL SUMMER LONG!

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 behavior. <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



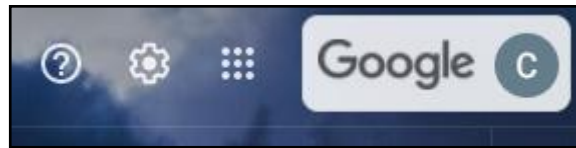
What is Google Classroom?

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.

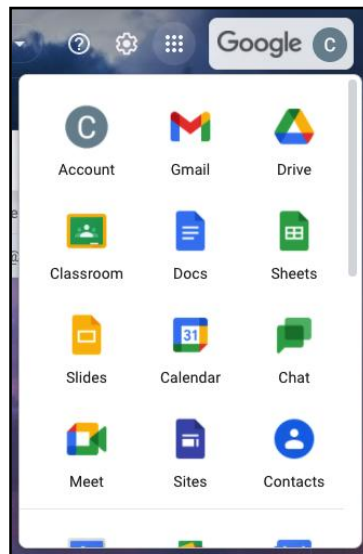
How do you log into a Google Classroom?

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. As your child's Google Classroom password is also required to log onto our school network in lessons, please *do not change the password*.

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.