



SSPP School News

10th July 2026 Issue 38



**THE POSSIBILITY OF
HAVING A DREAM
COME TRUE, MAKES
LIFE INTERESTING**



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,

As we come to the end of another incredibly successful week, I would like to begin by celebrating our Year 6 pupils for their outstanding production of Joseph and the Amazing Technicolour Dreamcoat. Every single child who took part should be proud of their contribution. Their enthusiasm and teamwork and talent shone throughout the performance, making it a memorable occasion for everyone who attended. It was a fitting way to journey into their final week as pupils of SSPP and we could not be prouder of them.

Across the school, our music demonstrations have continued to showcase the progress our children have made this year. It has been lovely to welcome parents and family members into school to share in these special moments. I hope you have enjoyed seeing the results of the children's hard work, supported so passionately by Redbridge Music Service and our staff.

As you will see throughout this week's newsletter, school life has been as busy as ever. It is packed with photographs capturing just some of the many exciting learning opportunities, performances and activities that have taken place over the past week.

The exceptionally warm weather has once again made both local and national headlines. It is becoming clear that periods of very hot weather are something we will all need to become accustomed to. Throughout the week, our staff have worked tirelessly to adapt lessons and routines to ensure that the children have remained safe, comfortable and ready to learn. Where necessary, classes have been relocated to cooler areas of the school for short periods, and every decision has been made with the children's wellbeing at its heart. I would like to express my thanks to every member of staff. They too have been working in extremely challenging conditions, yet they have continued to show commitment to the children's learning. This has enabled the school to remain open while ensuring that our children have continued to enjoy these opportunities given in a safe environment. I hope you will join me in thanking them for their efforts.

By now, most families should have received their child's end-of-year school report. Thank you to everyone who has already returned the reply slip. If you have not yet done so, please return it to school as we genuinely value your feedback. Our Year 6 reports will be issued very shortly. Unfortunately, the publication of this year's Key Stage 2 SATs results has been delayed nationally, meaning teachers have been unable to finalise their reports until the results are released. Whilst this delay has been frustrating for schools and families alike, it certainly will not prevent us from celebrating our Year 6 pupils and all that they have achieved during their time with us.

On Monday at 3.30pm, we invite all parents and carers to our Showcase of Learning in the main hall. This is a wonderful opportunity to celebrate the children's achievements by viewing examples of work from every year group and curriculum area. We hope as many of you as possible will be able to join us.

The forecast suggests that the warm weather will continue into next week, so our relaxed uniform arrangements will remain in place. Please continue to apply sunscreen before your child comes to school each morning and ensure they bring a named refillable water bottle and a sun hat. These small steps make a significant difference in helping children stay comfortable and ready to learn throughout the day.

I wish you all a wonderful weekend and I hope you are able to enjoy the sunshine safely.

Ms Osei

Headteacher

Headteacher

Ms Osei

Deputy Headteacher

Mrs Hull

Assistant Headteacher

Mr Roca-Mas

DATES FOR YOUR DIARY

Monday 13th July

Awards Ceremony –
KS1 @ 9.15am; KS2 @ 11.00am

Tuesday 14th July

End-of-year Mass @ SSPP Church
11.00am

Wednesday 15th July

Selected Choir members at
Cineworld.

Thursday 16th July

Y6 Leavers' Mass 6.00pm

Friday 17th July

Children finish at 1.30pm

LINKS

School Website:

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

UNICEF Article 29

Education must develop every child's personality, talents and abilities to the full. It must encourage the child's respect for human rights, as well as respect for their parents, their own and other cultures, and the environment.



Gospel Reflection (Matthew 13:1-23)

Do you know someone who is a really good listener? Who do you like to listen to? Do you know people who speak with kindness and love, and want good things for you and others?

Jesus does not force us to listen to him, but he knows what's best for us. Regularly listening to Jesus reminds us what's really important in life. As the summer holidays approach, explore ways that can help you to listen to Jesus in these coming weeks. Perhaps you can: remember to have quiet times in prayer when you wake up, at bedtime or some other time – just for listening to God as he speaks to your heart; worship together; regularly read the gospels together. What other ways can you think of?

Prayer for the week

Dear Lord Jesus, thank you for listening to us. Please help us to listen and understand your words and to be good listeners to each other too. Amen

"Before we speak, it is necessary for us to listen. God in the silence of the heart." St Teresa of Calcutta (Mother Teresa)

Catholic Social Teaching Pupil Awards

RC	Whole Class
RM	Ariella
1B	Ramy & Saanj
1&2I	Rishita
2S	Gurnam
3B	Noel
3P	Zaidan
4A	Aarohi
4W	Nimrat
5A	Kervel
5C	Neeya & Hanniyah
6R	Whole Class
6S	Whole Class



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.

Attendance w/e 3rd July 2026

Class	% (Target 95.5%) Class attendance weekly percentages since the 6 th September 2024 Gold = Highest Green = Above 96% Red = Below 96%
RC	93.7%
RM	**100.00%**
1&2I	95.8%
1B	93.0%
2S	96.9%
3B	96.4%
3P	97.2%
4A	97.3%
4W	88.6%
5A	99.6%
5C	94.0%
6R	**100.00%**
6S	95.0%



Historical Britain This week in history...



6th July 1535

Former favourite of King Henry VIII Sir Thomas More was executed after refusing to recognise the King as the head of the Church.

9th July 1877

The inaugural Lawn Tennis Championship was played on top of the croquet lawns at Wimbledon, Spencer W Gore taking the men's singles title.

Upcoming Dates

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House Points Totals

NEWMAN		2050
MANNING		2164
VAUGHAN		1654
WISEMAN		1520



SCHOOL NEWS

Saint of the Week: St Henry (973–1024)

Born into a royal family in Bavaria, Henry's father was the Duke of Bavaria, and his paternal grandfather was the King of Germany. His maternal grandfather was the King of Burgundy. His father's conflict with Holy Roman Emperor Otto II led to the duke's exile and loss of title. Consequently, Henry was sent to study under the canons of the Cathedral of Hildesheim. Later, he received an exemplary Christian education from Bishop Wolfgang of Regensburg, who was later canonized a saint.

When Henry was ten, Otto II died, and Otto III's regent restored his father as duke. Twelve years later, after his father's death, Henry succeeded him as Duke of Bavaria. Shortly afterwards, he married Cunigunde of Luxembourg, who would also be canonized. The two formed a saintly couple who never had children. Some accounts state that they mutually agreed to live in celibacy.

In 1002, Holy Roman Emperor Otto III died suddenly at the age of twenty-one without an heir, leaving the throne vacant. As Otto's cousin, Henry made a claim to the throne but failed to gain the full support of the nobility. Regardless, he had himself crowned King of Germany, and then spent the next several years seeking support for his coronation as Holy Roman Emperor. Finally, in 1014, King Henry II was crowned Holy Roman Emperor by Pope Benedict VIII in Rome.

Henry was known as a man of great faith who maintained a close relationship with the Church. He collaborated with the Church to appoint devout and loyal bishops, reform German bishops, create new dioceses, and endow bishops with temporal power alongside their spiritual power. Henry was also a man of great charity. His generosity with his wealth was such that many of his relatives complained he was being irresponsible. Undeterred, Henry felt his primary duty as emperor was to strengthen the Church, spread faith, and exemplify charity. His generosity extended not only to the poor and the Church but also to his enemies. He successfully ended wars and uprisings, pardoning those who rebelled against him, and restoring peace to the kingdom. On a personal level, Henry was fond of prayer, often visiting churches in each city he visited for extended periods of time. He harboured a deep devotion to the Mother of God, regularly received the sacraments, and prayed the Divine Office.



St HENRY II

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

DIGNITY: The importance and value that a person has, that makes other people respect them or makes them respect themselves. Cambridge Dictionary

Article 1, Universal Declaration of Human Rights: All human beings are born free and equal in dignity and rights.

As part of our focus on wellbeing, we often focus on Article 1 of the Universal Declaration of Human Rights: *"All human beings are born free and equal in dignity and rights."* This means every single child is born with the exact same value and deserves to be treated with kindness, respect, and fairness, no matter who they are. We encourage you to discuss this at home to help our pupils understand how to uphold human dignity and support one another in our school community!

Look out for news in our final newsletter of the year next week, which might relate to a certain visit we had back in June! 🙄🙄

West Ham Corner

As the World Cup rumbles on, there is still very little transfer action. Some players are now returning to England for a break before they rejoin their teammates.

Alvarez was a second half sub against England, and having lost that game, he will be the latest to head for a short break.

Fernandes finalised his move to Tottenham (what a step up that is, from the team that finished 18th to the team that finished 17th for the last two seasons).

There was a lot of talk about Gustavo Sa (a Portuguese teammate of Fernandes) coming, but according to some in-the-know reporters, this is not as close as many were claiming.

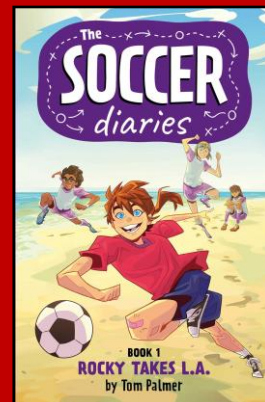
The fact remains that our most important moves in the window might not be new players in, but keeping hold of some of the better players in the current squad.

Calum Wilson has departed for Brentford. It was always likely that he would find a Premier League team wanting his services, and he is desperate to join the 100 goal club, so he goes with our blessing and good wishes (especially after his heroic last minute goal against Tottenham).

The club are keen to also get the services of Axel Disasi back for another season. He transformed the defence last year when he arrived in the January transfer window. Whether he can be convinced to spend a year of his career in the Championship remains to be seen – but he would be a massive statement if he dons the claret and blue once more.



Recommended Read Y4



Rocky Race is not your average fourteen year old. She's determined, ambitious and the best football player you've ever seen. So, when she gets a once-in-a-lifetime opportunity to attend a prestigious soccer camp in California, USA, she takes it. But far from home, Rocky suddenly finds herself out of her comfort zone. Fake friends, her own anxieties and a brand new world with strange rules all threaten to derail her new life before it's even started – does Rocky have what it takes to succeed?

If you liked this then try:
+ 'Kick' by Mitch Johnson
+ 'Soccer Diaries Book 2: Rocky's Big Move' by Tom Palmer



Top Ten

Most correct answers over the last 7 days:

Rank	Name	Year Group	Correct Answers
1	Riddhi	Year 6	605
2	Keziah	Year 4	578
3	Sankalp	Year 4	310
4	Joao	Year 6	178
5	Maxen	Year 3	161
6	Aksara	Year 5	149
7	Mcneil	Year 5	100
8	Bianca	Year 4	59
9	Kervel	Year 5	53
10	Love-Jane	Year 3	47



Recent Tweets – @SSPP_Primary



SSPPCatholicPrimary
@SSPP_Primary



We are so proud of the performance Year 6 put on this week in spite of the Biblical Egypt heat we had going on in the hall (it was like a 4D experience!) They sang, read and acted their hearts out making the school, themselves and their parents so proud. #Joseph2026 #SSPP



SSPPCatholicPrimary
@SSPP_Primary



Even at this late stage in the year, pupils in Y6 have been taking part in a workshop this morning which looks at how they are feeling about the transfer to secondary school. The Borough's MHST are delivering information and taking feedback about how to deal with this change.



#BOOKMATCH

© The Reader Teacher

Books for fans of Abi Elphinstone



IF YOU LIKE ABI ELPHINSTONE, READ THESE

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

Author Book Match

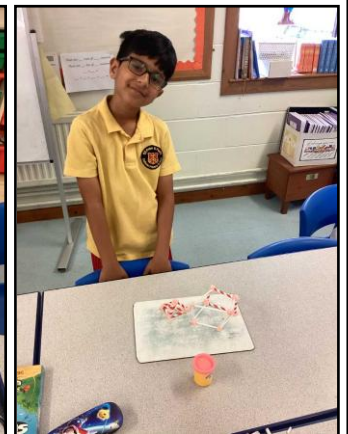


Abi Elphinstone

- + Dream Snatcher
- + Shadow Keeper
- + Night Spinner
- + Sky Song
- + Rumble Star

Year 3 – Maths

In Year 3 we finished off our shapes topic in Maths this week by making 3D shapes out of straws and playdough. First we had to think about the number of edges we would need and cut the straws to size. Then we used the playdough to connect the edges to make vertices. It was lots of fun, whilst also allowing us to consolidate our knowledge of shape properties.



Upcoming Dates

NEW ACADEMIC YEAR 2026 – 2027

Wednesday 2nd September: INSET Day

Thursday 3rd September: INSET Day

Friday 4th September: INSET Day

Monday 7th September: 1st day of term for children.



Year 1 Chalkwell Beach

Year 1 enjoyed an amazing visit to the beach. The children had fun exploring the beach, looking for shells and crabs. The weather was beautiful and everybody had a wonderful time.



Summer Fayre – Sweet Jar Winners

Small Jar - Bohdan year ½
Guessed 82 (Actual Number 84)

Large Jar - Morgane Year 5
Guessed 198 (Actual 193)



Reception Afternoon Tea Celebration

To celebrate the pupils completing their reception year, the children welcomed their families and joined us for the final parent exploration workshop. Together as a year group, reception hosted a special afternoon tea. In preparation for the special event, the children made their own sandwiches and decorated individual nameplates.

The children enjoyed spending time with their families and sharing a variety of delicious and healthy snacks. Dancing, games and music was enjoyed throughout the afternoon activities. We would like to thank all who attended our special celebration!



Year 6 Summer Production

It felt a bit like Biblical Egypt in the hall on Wednesday with the heat, but that did not stop Year 6 putting on their production of 'Joseph and the Amazing Technicolour Dreamcoat' – and what a performance it was. They sang, read and acted their hearts out entertaining the audience over an hour and half.



If you think it,
want it, dream it,
then it's real





Year 5 Trombone Recital

We are incredibly proud of our Year 5 pupils who took part in their trombone recital this week. The children performed beautifully, showcasing the confidence, commitment and musical skills they have developed through their lessons. It was wonderful to see them share their talents with an audience. A big thank you to all the parents and families who came along to support the children — your encouragement means so much and helped make the performance a great success.



Year 5 STEM and DT Day at Palmer Academy

Year 5 had a fantastic day at Palmer Academy taking part in a STEM and Design Technology Day. The children enjoyed a range of creative and practical activities, including designing and making light-up keychains, creating still-life artwork and baking their own muffins.

The children particularly enjoyed the cooking activity — although when 5C arrived to make their muffins, all the dried fruit had disappeared! The class quickly adapted and made chocolate muffins instead, which proved to be a very popular alternative!

A big thank you to the staff at Palmer Academy for welcoming us and providing such an enjoyable and inspiring day. It was also lovely to see some familiar faces, including former pupils from SS Peter and Paul's, who are now thriving at Palmer.



Reception Music Concert

This week, reception children invited their parents and careers to watch their music concert. In class, the children have been taking part in weekly music lessons with Ms Sophie. During each lesson, the pupils learn a variety of songs, dancing and explore using a variety of percussion instruments.

For the music concert, the children eagerly performed a variety of the songs including singing nursery rhymes in both Spanish and French. Pupils eagerly took part in a dancing session using scarfs as props along to classical music by the famous composer Tchaikovsky. Percussion performances took place with children displaying different techniques and rhythms. To conclude the performance, the audience joined in dancing and singing with the children.

We would like to thank all who attended for their cooperation and a special mention to Ms Sophie for arranging this wonderful concert!



Y6 STEM Rockets

As part of STEM week, Year 6 have been investigating satellites and rockets. We began by looking at what satellites can be used for and the thrust needed to get rockets in the air (replicating this with film canisters and Alka-Seltzer! Then pupils designed their own smaller versions, considering aerodynamics, before group rockets were made and then launched!



Reception Music Concert

Colours of Redbridge will be running the annual street parade on the new, rescheduled date Saturday 12th September 2026. Further information regarding the event will be shared soon and updates can be found on the website below:

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

We look forward to celebrating this special event with our school community!



STEM Week Year 2

As part of our STEM Week, Year 2 had a visit from an Engineer! Mr Corso shared an interesting presentation on what an engineer is and showed the children the process on making a product. This was followed by an interesting question and answer time, where children asked all of their burning questions. Children were kindly given a notepad and a keyring that Mr Corso made using a 3D printer. A massive thank you for helping broaden the minds of our children, they had an enriching and exciting experience!



STEM Week Year 3

It has been STEM week across SSPP this week. Each year group worked on a different global goal and thought about how what they could make to work towards that goal. In year 3, our goal was to protect and preserve living things. We spent some time learning about mini-beasts and then designed and made bug hotels which would help protect insects from predators and the sun. We used recycled materials which is another way of helping to look after the planet.



Year 6 Workshop

Even at this late stage in the year, pupils in Y6 have been taking part in a workshop this morning which looks at how they are feeling about the transfer to secondary school. The Borough's MHST are delivering information and taking feedback about how to deal with this change.



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.

fabula reading challenge

7 JULY - 31 AUGUST 2026

AGES 2 - 11 YEARS

Sign up online or at your local Redbridge Library

VISION ISLIBRARIES

Set your own target
Read what you like
Collect your medal
Enter the Prize Draw!



For more information visit:
vrcl.uk/fabula-reading-challenge



National Year of Reading 2026



London Borough of Redbridge

FABULA TAKES OVER

VARIOUS DATES

Coming to your local Redbridge Library this summer.

With special guests, crafts, face-painting and more!

AGE 3+

VISION ISLIBRARIES

Redbridge Central - Sat 18 July
Goodmayes - Fri 31 July
Wanstead - Wed 5 August
Hainault - Fri 7 August
Fullwell Cross - Fri 14 August
Gants Hill - Fri 21 August
South Woodford - Fri 28 August



For more information visit:
vrcl.uk/fabula-summer-activities



National Year of Reading 2026



London Borough of Redbridge

Internet Safety

Mr O'Connor ran a coffee morning workshop for parents to impart more knowledge about how to help keep our pupils safe online. It was very poorly attended, which is a shame, as a lot of work goes into these events and they are done to provide key information. Some of what was disseminated is shown below. Links can be re-typed in a browser.

Filtering and Wi-Fi settings

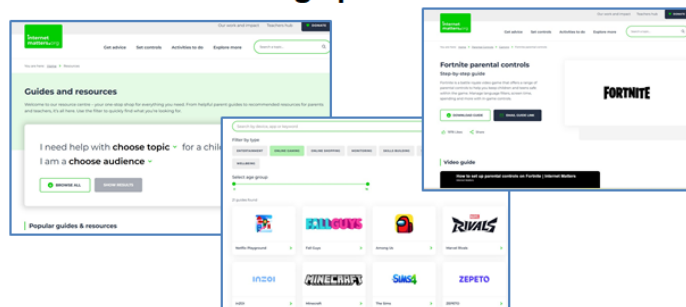
- ✓ Wifi Settings – Some allow you to turn off wifi to certain devices at certain times e.g. BT hub.home (BT) Login as admin. Also adjust filtering to block content.



Remember young people have mobile data as well, so set up parental controls.

<https://www.internetmatters.org/parental-controls/broadband-mobile>

Setting up Parental Controls



<https://www.internetmatters.org/resources/>

Alternative Search Engines



<https://swiggle.org.uk/>



<https://www.kiddle.co/>

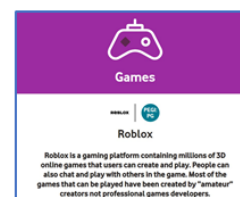
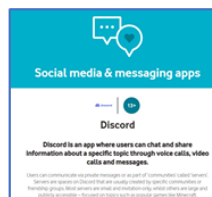
Benefits:

- Age-appropriate content
- Removes irrelevant content that could distract pupils
- Find what you are looking for quicker

Think about search engines you use for finding information rather than just GOOGLE

Vodafone Parent Pro

- Parental controls for games and media
- Advice on tablets and smartphones
- Advice videos



<https://www.vodafone.co.uk/newscentre/smart-living/digital-parenting/digital-parenting-pro/>

Parental Control Videos from Internet Matters



YouTube

<https://www.youtube.com/watch?v=Hskr4KnSKJE>



Roblox

<https://www.youtube.com/watch?v=VklMuSv0rRWw>



TikTok

<https://www.youtube.com/watch?v=9KFzq/iG5LE>

Helpful websites and next steps

Use trusted sites rather than random search results.

Internet Matters

Parental controls, age guides and family agreements

Childnet

Advice for children and parents

NSPCC

Talking to children about online safety

CEOP

Report online exploitation

Common Sense Media

Reviews of games, apps and films

National Cyber Security Centre

Passwords, scams and cyber security

You do not need to know every app or game.

The most important things are:

- stay curious
- keep talking
- set boundaries
- create trust

Children who know they can talk to adults are safer online.

You do not need to be a technology expert. You simply need to stay interested in your child's online life.

The most powerful safety tool is an open relationship where children feel able to talk

Emotionally Based School Avoidance project

EBSA (Emotionally-Based School Avoidance) is when a child struggles to attend school due to anxiety, emotional distress or overwhelm — not because they don't want to learn. It is especially common in autistic children and young people.

If this sounds familiar, our free early-intervention programme can help.

We are supporting families in Redbridge with autistic children and young people aged 5–18 (diagnosed or awaiting diagnosis) who are experiencing EBSA. Designed with parents and carers in mind, the programme offers practical strategies, expert guidance and a supportive space where you feel heard.



EBSA



www.sycamoretrust.org.uk
zehra.grierson@sycamoretrust.org.uk
020 8517 9317

Parent/carers training

SUPPORTING YOUR CHILD TO BE SCHOOL READY

Practical Tools & School Preparation:

- How to prepare your child for change
- How to Maintain Familiarity and Positive routines
- Person Centred Review Meetings
- Benefits of the Person Centred Review approach
- One page profiles
- Using positive Reinforcement
- Collaboration with Educators
- Planning visits
- Using social stories
- Using visual supports
- Practicing new routines
- AAC tools
- How to prepare for setbacks

Places are **free of charge**, but must be booked in advance.

Funded by
Schroder
CHARITY TRUST

Venue:

Scargill Community Hub
Scargill Infant School
Mungo Park Road,
Rainham, RM13 7PL

Tuesday
7th July
10am-1pm

**Parent/carers
training**



www.sycamoretrust.org.uk
enquiries@sycamoretrust.org.uk
020 8517 9317

To support Sycamore Trust UK, scan the QR code



HAINAULT YOUTH CENTRE FUTURE FOCUS & FUN

Are your
exams over?
16 to 18
years old ?

**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**

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**

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 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 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

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**

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>

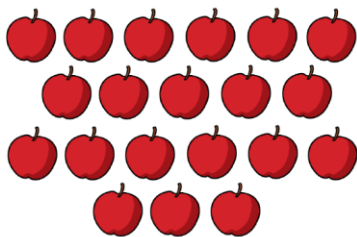
How to register

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



Activities & programme may change
due to unforeseen circumstances

1 Lily has 20 apples.



She packs the apples into bags of 4

How many bags does she need?

2 Gemma has £20
She buys 2 of these magazines.

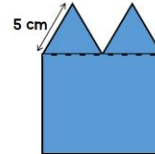


How much money does Gemma have left?



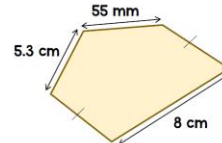
The answer to the KS2 problem seen in our last Newsletter:

1 A shape is made up of two equilateral triangles and a square.



What is the perimeter of the shape?
The perimeter of the shape is 50 cm.

2 The perimeter of the pentagon is 25 cm.



Find the missing lengths.
Each of the missing lengths are 31 mm or 3.1 cm.



Online Safety

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

<https://nationalonlinesafety.com/>

For many young people, the summer holidays can easily become dominated by phones, gaming, streaming and social media. This guide offers reassuring, realistic advice for parents, carers and educators who want to encourage 11- to 16-year-olds to spend more time offline without making technology feel like the enemy.

From phone-free challenges and micro-adventures to active travel, outdoor clubs and creative alternatives to scrolling, the guide focuses on small, achievable changes. It also highlights the importance of giving teens choice, responsibility and social motivation, helping them build confidence, wellbeing and healthier habits throughout the summer.

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.

10 Top Tips for Parents and Educators

TECH-FREE SUMMER FOR TEENS

For many 11- to 16-year-olds, summer can quickly become screen heavy, especially when socialising, entertainment, and downtime all happen via their devices. Encouraging a tech-free summer isn't about banning technology altogether, but about helping young people rediscover friendship, creativity, independence, and the great outdoors. The NHS recommends that young people aged 5 to 18 aim for an average of at least 60 minutes of physical activity each day across the week.

1 BUILD OUTDOOR CHOICE

Teens are more likely to engage when they feel they have a level of control. Create a simple 'summer outdoors menu' with options such as cycling to a favourite café, playing rounders, visiting a skatepark, dog walking, photography walks, geocaching, or helping around the garden. Parents and educators can then ask young people to choose two or three activities each week that interest them.

2 PREPARE THE KIT

Small barriers can stop teenagers going outside, especially if they feel uncomfortable, too hot, or unprepared. Keep a grab bag with sun cream, water, snacks, plasters, a cap, period products, and a lightweight waterproof. During hot weather, plan shade, water breaks, and calmer activities, as vigorous exercise is not advised on very hot days.

3 TRY MICRO-ADVENTURES

Outdoor activities don't need to be expensive or complicated. A micro-adventure could be as simple as watching the sunrise, walking to a local viewpoint, making breakfast outside, visiting a new green space, or planning a bus journey to a nearby nature trail. Encourage teens to plan the route, snacks, and timings themselves to help build their independence.

4 LINK TO REAL INTERESTS

A young person who dislikes sport may still enjoy being outside if the activity connects with something they already care about. Link outdoor time to music, art, animals, fashion, cooking, photography, or social interaction. Ideas include sketching in a park, making a nature playlist, filming a wildlife vlog script, or designing posters for a community garden.

5 CREATE SOCIAL PULL

For many teenagers, friends are the strongest motivator in various areas of life. Parents can invite one or two friends on walks, picnics, or garden games, while schools can promote lunchtime leagues, outdoor clubs, or summer meet-ups linked to existing interests. Make these activities feel social rather than supervised, with adults nearby for safety but not dominating the experience.

6 MAKE TRAVEL ACTIVE

Active travel is a practical way to build outdoor time into everyday routines. Encourage young people to walk, cycle, or scooter short journeys where it's safe to do so, such as to school, the library, a friend's house, or a sports club. Educators could run a summer 'active miles' challenge, with pupils logging their journeys completed on foot or by pedal.

7 USE PHONE-FREE CHALLENGES

Rather than simply saying, "Put your phone away", turn time spent offline into a shared challenge. Try a two-hour, phone-free park visit, a family evening walk, or a tutor-group challenge where pupils track their screen-free outdoor hours and share what they've been doing. You could all agree to keep devices in a box, bag, or classroom drawer, and allow for check-in time afterwards.

8 OFFER REAL RESPONSIBILITY

Teens often respond well when outdoor activities feel purposeful. Give them the responsibility for setting up a garden get-together, planning a picnic budget, leading a warm-up routine, mapping a walking route, or organising outdoor equipment. Schools could ask pupils to design an outdoor wellbeing trail, manage a sports rota, or support younger pupils during activity sessions.

9 REPLACE, DON'T REMOVE

If screens are taken away without an appealing alternative, young people may see outdoor time as a punishment. Replace gaming sessions with football drills, dance practice, basketball shots, treasure hunts, or card games outside. Replace screen scrolling with a 'boredom box' containing items like chalk, a frisbee, skipping ropes, playing cards, seed packets, or a disposable-style camera.

10 CELEBRATE SMALL WINS

Not every teenager will suddenly love the outdoors, so recognise their gradual progress. Celebrate a 20-minute walk, an hour at the park, a phone-free picnic lunch, or choosing to cycle instead of being driven around. Parents and educators can use praise, certificates, group displays, or simple shared reflection to show that outdoor effort matters.

Meet Our Expert

The National College provides expert-led training and resources to support schools, trusts and education settings worldwide. Its guidance helps parents and educators understand the issues affecting children and young people today, covering topics such as safeguarding, wellbeing, digital safety, and healthy development.

See full reference list on our website



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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



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LOCATION
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ACTIVITIES, FRIENDS & MEMORIES
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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 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



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.

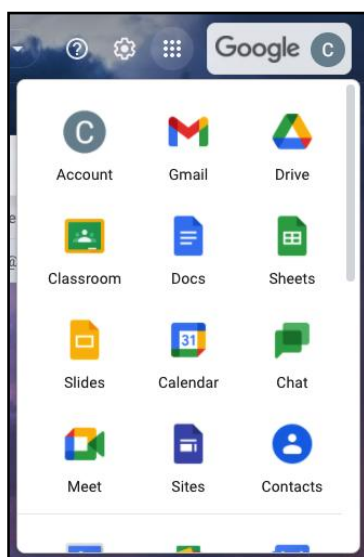
How do you log into a Google Classroom?

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. 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.