



# SSPP School News

22<sup>nd</sup> May 2026 Issue 32



**THERE IS  
BOUNDLESS BEAUTY  
IN CULTURE AND  
TRADITIONS**



# SS Peter and Paul's Catholic Primary School

## The Good Shepherd Catholic Trust

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

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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,

What an eventful final week of term it has been!

Last weekend, I had the pleasure of accompanying our Year 6 pupils on their residential trip to Condover Hall in Shropshire — and what a wonderful adventure it was! It is always such a privilege to be trusted by parents to take the children away on such adventurous experiences, watching so many children step out of their comfort zones, face their fears and discover new confidence in themselves is always so special. Whether it was climbing to great heights, tackling challenges head-on or simply encouraging one another, the children made us incredibly proud. We are also so blessed to have staff who willingly give up their weekends and time with their own families so that our pupils can have these memorable experiences. Their dedication never goes unnoticed.

No sooner had we returned than it was time for another trip — our annual joint retreat to Aylesford Priory with Palmer Academy for our Year 5 pupils. Once again, we were reminded of how fortunate we are to have such a close relationship with our “big brother” secondary school, Palmer Academy. The trip was so thoughtfully organised especially for our children, and we were joined by several Year 12 students who supported and guided our pupils throughout the day and we were so lucky to have been accompanied by the Headteacher – Mr Downey, Assistant Headteacher – Mrs Eghan and Sister Ann Maris, who is always a pleasure to be around.

It was a beautiful experience and clearly one that came at just the right time for many of the children. Tiffany from 5A said to me, “I never realised how much I needed this, Miss! It’s come at the right time!” I think many adults could probably relate to that feeling too!

A reminder to our Year 5 parents to please sign up for the taster sessions Palmer Academy are offering throughout June. These sessions are such a fantastic opportunity for children to explore new subjects, make friendships and ask questions about secondary school life. With many of our pupils transitioning to Palmer Academy, it is wonderful for them to begin building those connections now.

And then came yesterday’s Cultural Day celebrations — and what a celebration it was!

Fun fact for you: did you know we have over 40 different languages spoken by pupils at SSPP? How incredible is that? Yesterday truly showcased the beauty of our diversity and the richness of the cultures represented within our school community. One of the standout moments of the day was the fantastic assembly delivered by the sixth form students from Palmer Academy. They shared cultural traditions from across the world in such an engaging way. We travelled across South Asia through dance performances, enjoyed a brilliant drumming performance and Afrobeats certainly brought the energy into the hall with the Azonto!

I must admit, things became slightly tense at one point when Nigeria and Ghana went head-to-head over who makes the best jollof rice! Thankfully, the Palmer Academy students handled the debate with impressive diplomacy, reminding us all that we can celebrate one another’s traditions while still having our personal favourites. (For the record... Ghana jollof for the win!!)

What struck me most about the assembly was that the message was not necessarily about where the students themselves were from, but about celebrating, appreciating and uplifting the cultures and traditions of others. There is something very powerful in that message for all of us. Although we may differ in many ways, we are united through our shared values, kindness and respect for one another.

Thank you once again to Palmer Academy — they have truly “shown up” for us this week and we are so grateful for their support and partnership. And thank you to all the staff and parents who contributed to the events after school. Mrs Ali was extremely nervous organising the range of events for cultural day and there was no need, teamwork and collaboration makes the dream work.

Today, I also had the pleasure of accompanying Year 3 to Mass at St Peter and Paul’s Catholic Church. Our pupils represented the school beautifully. They led the readings and bidding prayers so confidently and sat reverently throughout the service. Father Andrew kindly invited us to visit the church prayer garden afterwards, which was absolutely stunning — full of colour, fragrance and peace. If you have an opportunity to visit the prayer garden yourselves, I would highly recommend it.

Finally, please keep all of our pupils making their First Holy Communion this weekend in your prayers.

As they receive Jesus in the Eucharist for the very first time, may they continue to grow in faith, love and kindness. This is such a special milestone in their spiritual journey and one that reminds us all of the importance of walking closely with God in our daily lives. In a world that can often feel busy and noisy, may these children always remember that God meets us in moments of peace and reflection— and may they continue to shine His light wherever they go.

Wishing you all a restful, joyful and well-deserved half-term holiday!

With warm wishes,

Ms Osei – Headteacher

### Headteacher

Ms Osei

### Deputy Headteacher

Mrs Hull

### Assistant Headteacher

Mr Roca-Mas

## DATES FOR YOUR DIARY

### Friday 22<sup>nd</sup> May

Last Day of Summer 1

1.30pm finish for children

### Monday 1<sup>st</sup> June

INSET Day – School closed to pupils.

### Tuesday 2<sup>nd</sup> June

Summer 2 Begins.

### Wednesday 3<sup>rd</sup> June

Music Event at SSPP

### Friday 5<sup>th</sup> June

School Disco

## LINKS

School Website:

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

## 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 20:19-23)

Why did Jesus breathe on the disciples? This coming Sunday the Church celebrates Pentecost. This is the feast of the gift of the Holy Spirit to the Church – a gift which we now receive at Baptism, Confirmation and at Mass. What do you know about Pentecost? The word ‘Pentecost’ means ‘fiftieth day’. On this day (fifty days after Easter) the apostles were filled with the Holy Spirit.

Pentecost is not just a historical event. The Holy Spirit is alive and active today. Each of you choose one of the following qualities that you would like to ask the Holy Spirit for today: Courage, Joy, Peace, Patience, Gentleness, Kindness, Goodness, Faithfulness or Self-Control. Why did you choose that quality? In what ways could growing in that quality help you or help those around you? As the Church prepares to celebrate Pentecost Sunday, let’s be open to receiving the many priceless gifts which the Holy Spirit offers to enrich our lives.

## Prayer for the week

Glory be to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now and ever shall be, world without end. Amen.

“Pentecost is the birthday of the Church.” St John XXIII



## Catholic Social Teaching Pupil Awards

RC	
RM	
1B	
1&2I	
2S	
3B	
3P	
4A	
4W	
5A	
5C	
6R	
6S	

## Attendance w/e 22<sup>nd</sup> May 2026

Class	% (Target 95.5%) Class attendance weekly percentages since the 6 <sup>th</sup> September 2024
RC	
RM	
1&2I	
1B	
2S	
3B	
3P	
4A	
4W	
5A	
5C	
6R	
6S	

Gold = Highest  
Green = Above 96%  
Red = Below 96%



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...

### 16<sup>th</sup> May 1943

RAF Lancaster bombers destroyed two huge dams. Dr Barnes Wallis’s bouncing bombs skimmed the surface of the water to reach their targets.

### 20<sup>th</sup> May 1191

English King Richard I ‘the Lion Heart’ conquered Cyprus on his way to join the Crusaders at Acre in North West Israel.

### 20<sup>th</sup> May 1894

The official opening of the Manchester Ship Canal by Queen Victoria.

## Upcoming Dates

### Friday 22<sup>nd</sup> May

Summer 1 – 1.30pm finish for children

### Monday 1<sup>st</sup> June

INSET Day – School closed to pupils.

### Tuesday 2<sup>nd</sup> June

Summer 2 Begins.

### Wednesday 3<sup>rd</sup> June

Music Event at SSPP

### Friday 5<sup>th</sup> June

School Disco



## House Points Totals

NEWMAN		1693
MANNING		1740
VAUGHAN		1468
WISEMAN		1221



SCHOOL NEWS

## Saint of the Week: St Rita of Cascia (1386–1457)

Margherita Lotti (Rita) was born in a small town near Cascia, Italy, to parents who were advanced in age. After years of childlessness, Rita's parents saw the birth of their only child as an answer to prayer. At a young age, Rita's faith was so strong that her parents set up a small oratory in their home in which she could pray. As a young girl, Rita begged her parents to permit her to enter a convent. Instead, according to the common practice of that time, her parents gave her away in marriage at the tender age of twelve.

Saint Rita is known as the patron saint of impossible causes, in part, because of the difficult marriage she endured with such love. Her husband was said to have been an angry and cruel man, who was mentally, emotionally, and even physically violent toward her. During their eighteen years of marriage, it is said that her prayers, coupled with the witness of her many virtues, softened his heart and he turned to Christ, at least enough to attain the hope of Heaven. Rita gave birth to two sons, perhaps twins, and raised them within the Catholic faith.

At that time, it was not uncommon for one family in a town to have an ongoing feud with another family. Such was the case with Rita's husband, who was of the Mancini family. The Mancinis did not get along with the neighboring Chiqui family. The end to this feud was among Rita's daily prayers. Her prayers were answered, at least on the side of her husband, Paolo. By the eighteenth year of their marriage, Paolo had begun to turn from his anger and to find more peace in God. He resolved to end the feud with the Chiqui family and attempted to restore peace. Rather than accept his overture, a member of the Chiqui family tricked Paolo and killed him.

At Paolo's funeral, Rita publicly forgave her husband's murderer and offered peace. However, Rita's brother-in-law, Bernardo, was of a different mind. He began to stir up hatred in the hearts of Rita's two sons to convince them to avenge their father's death. The boys agreed, and Rita, filled with holy sorrow, tried to convince them to change their plans. When they wouldn't, Rita turned to prayer. She prayed that God would preserve her sons from the mortal sin of murder, even if it meant taking their lives before they could carry out their plan. Rita's prayers were answered. Both of her sons died of dysentery within a year, before they could act out their revenge.

Read more here: <https://mycatholic.life/saints/saints-of-the-liturgical-year/may-22--saint-rita-of-cascia/>



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

### Thanks

Really, we just want to take this opportunity to say thank you.

Thank you to all those who put together stalls as part of our culture day.

Thank you for helping the children come to school in their cultural dress.

Thank you for supporting the event at the end of the school day with your presence.

There are a large collection of photos later in the newsletter to celebrate all that went on during the day. The event takes us right back to an Ofsted quote from many years ago which stated that *"SSPP is a hub of cultural cohesion."*

Look out, after Half Term, for the next projects our school council and steering group will be tackling.



Children in Year 2

## West Ham Corner



All hope seemed lost as Newcastle put their third into our net – in fact, hope was probably lost when we saw the team sheet and that Nuno had gone 5 at the back in a game we had to win.

After going two down in less than 20 minutes, the plan was out of the window and a defender was swapped for a striker.

There was time to concede a third and then see a consolation wonder strike from Taty. Our result meant that Tottenham just needed a point against Chelsea to condemn us to relegation.

\*But\* they couldn't manage a point, losing 2-1, which means it all hinges on the final day of the season this Sunday. There are 9 possible combinations of results between our two games and only 1 of the 9 sees us avoid the drop. Yet in the words of Han Solo – "Never tell me the odds."

We need to do our bit and beat an in-form Leeds side and the rest will be up to former West Ham Manager David Moyes' Everton to save us in theirs, by beating Spurs!

**Latest Result:** Newcastle 3 – 1 West Ham United

**League Position:** 18<sup>th</sup>

## Times Tables Rock Stars Top Ten

Most correct answers over the last 7 days:

Rank	Name	Year Group	Correct Answers
1	Felix	Year 4	21707
2	Kirishanth	Year 4	15402
3	Aaron	Year 4	12751
4	Daniel	Year 4	9843
5	Josiah	Year 4	4844
6	Harry	Year 4	4463
7	Ezra	Year 4	4100
8	Jorawar	Year 4	3871
9	Pratham	Year 4	3735
10	Alannah	Year 4	2878

## Recommended Read Y4



*Nine and her friends have broken the curse on their marvellous, magical House, and are free to travel the worlds once more! Their first stop: The Wizarding Hopscotch Championships.*

*There's only one problem: the House is nervous about travelling – and gets the hiccups! Bouncing from world to world with every "HIC!", they finally land at the championships, only for Flabberghast to have an unfortunate run-in with square number seven, and find himself faced with the terrible Tower at the End of Time.*

*But maybe here they can find out how to cure the House's hiccups, and Nine might finally discover who left her the beloved music box, and who she really is...*

If you liked this then try:  
 + 'The Lighthouse At The World's End' by Amy Sparkes  
 + 'The Unchosen One' by Amy Sparkes



## Recent Tweets – @SSPP\_Primary



SSPPCatholicPrimary  
@SSPP\_Primary



It's almost the end of our four days and I'm in a dark room with group 1 solving memory problems with the Tetris theme playing over and over (and over) again. I mean this would have been hard fresh on day one!  
[#SSPP](#) [#Condover2026](#)



SSPPCatholicPrimary  
@SSPP\_Primary



After hearing that @metpoliceuk had sadly lost their funding for the annual Junior Citizenship Programme they coordinated, Mrs Leary has managed to organise @TfL to talk to our Year 6 pupils to help prepare them for life travelling to their secondary schools. [#SSPP](#)





### **Year 5 – Aylesford Priory**

Year 5 had a wonderful retreat day at Aylesford Priory alongside pupils from The Palmer Catholic Academy and several Year 12 students. The day gave the children an opportunity to reflect, pray, and strengthen their faith through a variety of activities and discussions. It was a special experience that encouraged teamwork, friendship, and spiritual growth.



### **Year 3 – Culture Day**

Having been assigned 'Japan' as their country, Year 3 embraced this and produced many traditional art pieces and origami, after first learning a little about the country and its people.



### **Year 5 – Thames Trust Outreach Visit**

Year 5 enjoyed a fascinating visit from the Thames Trust Outreach team, where the children explored the rich history of the River Thames. They learned about how the river has shaped life in London over hundreds of years, from trade and transport to famous landmarks and historical events. The pupils asked thoughtful questions and took part in engaging activities.



## SSPP Culture Day

The school was awash with cultural dress on Thursday in a day organised to celebrate the breadth of difference we have at SSPP. Tabla drumming was showcased, alongside dancers and artists from Palmer Academy who worked with classes throughout the day. A huge thank you to Mrs Ali who devoted so much time and effort to make the day a success and to our parents and staff for their input.



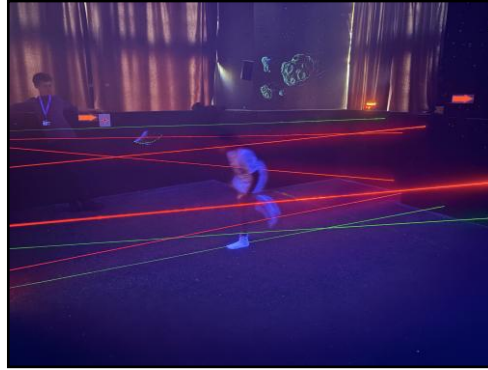
# SSPP Culture Day



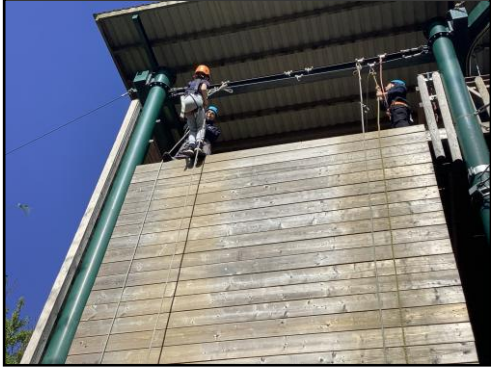
## Year 6 Residential – Condover Hall

From Friday to Monday of last week, 40 pupils and 4 staff gave up their weekends to attend this year's residential trip. It is always remarkable how brave the children are at giving activities a real go. From abseiling to kayaking, sensory trails to trapeze, it was a jam-packed weekend.

There will be a meeting for Year 5 parents in Summer 2, in order to secure places for next year's trip.



# Year 6 Residential – Condover Hall



## Culture Day Art Project

Dear children,

As part of our focus for Culture day, we are celebrating different cultures, which unite our school community. Over the half term holiday, we invite you to take part in an Arts and Design project to celebrate different traditions. Through integrating art into these celebrations allows creativity and deepen our understanding of a variety of cultures.

You may choose to create a poster, a mood board with fabrics or structure about a culture of your choice. Please find some examples of work below for support. Completed designs will be showcased as a gallery around the school setting.

Pase complete and return your completed projects to your class teacher by **Friday 5<sup>th</sup> June.**

We look forward to seeing your designs!

Best wishes,

Mrs Munro and Miss Skeete



1 Mo has six 5p coins.



He also has five 10p coins.



He buys this lolly.

How much money does he have left?



2 Mrs Green bakes muffins.

She sells them in her shop.



- On Monday she bakes 30 and sells 18
- On Tuesday she bakes twice as many muffins but has the same amount left.

How many muffins did she sell on Tuesday?



1 The diameter of a 10p coin is 24.5 mm. The diameter of a 5p coin is 18 mm. Some coins are laid out end to end.



What is the distance marked *b* in the diagram?

$$\begin{aligned} 24.5 \times 4 &= 98 \\ 18 \times 5 &= 90 \\ 98 - 90 &= 8 \end{aligned}$$

$$b = 8 \text{ mm}$$

2 Mrs Green bakes muffins. She sells them in her shop.



$$\begin{aligned} 200 &- 10 = 20 \\ 20 \times 7 &= 140 \\ 200 - 140 &= 60 \end{aligned}$$

- On Monday she bakes 200 and sells 70% of them.
- On Tuesday she bakes twice as many muffins but has the same amount left.  $400 - 60 = 340$

$$\frac{340}{400} = \frac{17}{20} \quad 17 \times 5 = 85$$

What percentage of the muffins did she sell on Tuesday?

She sold 85% of the muffins.



## 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/>

The social media network formerly known as Twitter has undergone numerous alterations since its change of ownership and rebranding as X – and many of these recent developments have proved controversial. With any user now simply able to pay a fee for account verification, for example, the once-reliable ‘blue tick’ system has become largely meaningless.

It's just one of several changes that have set the social media giant on what many consider a concerning path in online safety terms. Our #WakeUpWednesday guide provides a run-down of the most significant tweaks made to X; their potential safeguarding implications; and how to help ensure young people minimise the risks while they continue to use the service.

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 apps which we believe trusted adults should be aware of. Please visit [nationalonlinesafety.com](https://nationalonlinesafety.com/) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about X

**AGE RESTRICTION 13+**

**WHAT ARE THE RISKS?**

In October 2022, the enormously popular social media network Twitter was purchased by tech tycoon Elon Musk. That sparked a host of changes to the platform – not all which have been received positively by its fans. The alterations have continued with each passing month, many of them raising online safety concerns among the 530 million users of Twitter (now rebranded as simply X). With further adjustments reportedly in the pipeline, X has attracted more than its usual share of controversy and caution in recent times.

**A BLOCK ON BLOCKING**

X has announced plans to remove its blocking feature. Previously, this stopped other users from viewing your profile or sending you direct messages, while also hiding their posts from your feed. Only this latter function will now remain. The decision has been criticised by some members, who feel that blocking (in its current form) protects them from X users who promote denial and hatred.

**AGE-INAPPROPRIATE CONTENT**

Many of X's less age-appropriate posts can feature anything from extreme political views to pornography. While accounts marked as 18+ are restricted from non-members, it's still fairly easy to stumble across this material. To minimise risk, X's new 'For You' page also shows content from accounts that a user doesn't already follow – meaning that almost anything could end up on a child's feed.

**BLUE TICK SALE**

**ADVICE FOR PARENTS & CARERS**

**PROTECT PRIVACY**

Unsavory characters may try to gain access to a young person's X account – either to view their posts and gather information on them, or to completely take control of it. To minimise risk, ensure the account has a strong password and enable the 'Protect Your Posts' feature (via the account settings) so that strangers can't view your child's posts without first being approved as a follower.

**DON'T RISE TO THE BAIT**

To gain more views and followers, some X users post deliberately inflammatory comments on sensitive topics such as race, sexual orientation and gender issues. Many young people could find this upsetting. Emphasise that, if your child encounters someone spreading hate on X, it's best not to give that person what they want: an argument. Ignore them, mute their account and move on.

**STAY ALERT FOR IMPOSTERS**

Make sure your child understands that X's blue ticks no longer guarantee the identity of anyone on the platform. While it might be exciting if a celebrity liked your child's post, it could just as easily be an imposter with malicious intentions. If your child's not 100% sure that an X user actually is who they claim to be, advise them to err on the side of caution and avoid interacting with that account.

**ONLY FOLLOW TRUSTED ACCOUNTS**

Using the 'Following' tab on X helps to ensure that the only content your child sees is from accounts they've chosen to follow; this should reduce the chance of them inadvertently being exposed to harmful, violent or explicit content. Show your child how to report another user's account. If, say, they're behaving inappropriately by spreading misinformation or offensive opinions.

**BE READY TO TAKE ACTION**

If your child suffers harassment on the platform or becomes the target of a hack, you could consider deactivating their account entirely. Recently, X's safety features have been criticised for allegedly failing to protect users' wellbeing – so if your child is being subjected to abusive messages or similar mistreatment on the platform, it might be prudent to remove them from X altogether.

**Meet Our Expert**

Lloyd Coombes is Editor in Chief of gaming and esports site GGRecon and has worked in the gaming media for around four years. Always eager to test out the latest apps, games and online trends, he's also a parent who understands the importance of online safety. Writing mainly about tech and games, his articles have been published on influential sites including IGN and TechRadar.

**National Online Safety**

#WakeUpWednesday

Twitter: @nationalonlinesafety | 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: 01.11.2023

## Redbridge MHST

This is a free event which is focused on primary school age pupils. At the event there will also be some adult resources and signposting for the parents.

London Borough of

Redbridge



**REDBRIDGE MHST**  
(MENTAL HEALTH SUPPORT TEAM)



JOIN US FOR..  
**NOTHING TO FEAR DAY!**  
(CELEBRATING ME!)

Are you ready to unleash your superpowers?  
We'll have some super fun games and activities where you can have an awesome time learning cool new superhero skills that teach us how to be happy and healthy in our brain and body!

**SUPERHERO  
SCAVENGER  
HUNT**



**BADGE MAKING**



**Redbridge Central Library**

**Wednesday 27<sup>th</sup> May**

**1pm - 4pm**

**POSITIVI-TREE**



**YOU ARE A  
SUPERHERO**

**#BREAKTHESTIGMA**

**SATURDAY 6, SUNDAY 7 &  
SUNDAY 14 JUNE 2026**

# **Calling all beginner instrumentalists in Redbridge!**

**FREE TO ALL**

**Come along and play with  
musicians from the London  
Symphony Orchestra!**

Sign up for your chance to play your  
instrument in one of three workshops  
with other young players and  
professional musicians from the  
London Symphony Orchestra!

**LSO** London  
Symphony  
Orchestra

Fill out the form on the link below:  
[LSO/RMS Workshop Form](#)



**REDBRIDGE  
MUSIC  
SERVICE**

Supported using public funding by  
Department for Education  
ARTS COUNCIL  
ENGLAND



London Borough of  
**Redbridge**



**VISION  
ISMUSIC**

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](http://WWW.REDBRIDGE.GOV.UK) AND SEARCH 'MHST'

OR GO TO [LINKTR.EE/REDBRIDGEMHST](http://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/visionrclactivestars](http://vrcl.uk/visionrclactivestars)  
[activestars@visionrcl.org.uk](mailto: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!

# Free Esol and Conversation Classes

Every Thursday

11:00 - 11:45 Beginners ESOL

11:45 - 13:00 Conversation Classes

Refugee and Migrant Justice  
Cardinal Heenan Centre  
326 High Road  
Ilford, IG1 1QP



Refugee & Migrant Justice

[rmjustice.org.uk](http://rmjustice.org.uk)

## Come along and play with musicians from the London Symphony Orchestra!

### Workshop Information

#### Who is this for?

- Year 2+
- Any beginner instrumentalists who can play a few notes on their instrument confidently, up to about Grade 1 standard. (Pianists will be invited to play percussion.)
- You must be having lessons on your instrument with a music teacher.
- You must live or go to school in Redbridge.

#### LSO Workshop times:

Choose to attend one of three workshops listed below:

1. Saturday 6 June - Redbridge Music Service  
John Savage Centre, Fencepiece Road, Hainault, Ilford, IG6 2NB  
• 14:30 - 16:30
2. Sunday 7 June - Cleveland Road Primary School  
Cleveland Rd, Ilford, IG1 1EW  
• 14:30 - 16:30
3. Sunday 14 June - Nightingale Primary School  
Ashbourne Avenue, South Woodford, E18 1PL  
• 14:30 - 16:30

LSO London Symphony Orchestra

#### What is the Cost?

There is no charge to attend this workshop. We ask that once your place is confirmed you let us know if you are not able to attend. Spaces are limited and we want as many children as possible to benefit from this experience.

#### Closing date for application?

Please apply by 17:00 on Monday 18 May to avoid missing this opportunity.

If you have any questions regarding these workshops, please send us an email at: [admin.musicservice@visionrcl.org.uk](mailto:admin.musicservice@visionrcl.org.uk)

REDBRIDGE MUSIC SERVICE

ELMA

Supported and quality funded by THE ARTS COUNCIL ENGLAND

London Borough of Redbridge



<https://forms.office.com/Pages/ResponsePage.aspx?Id=F1yLk04uzk2pe6CzToA6liF9VMBt4RFHl5UbqW9x3NUOUSMlpeMNDZPQic1T1FCOFpLWTU1SxRQTC4>



VISION IS MUSIC

# 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



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.

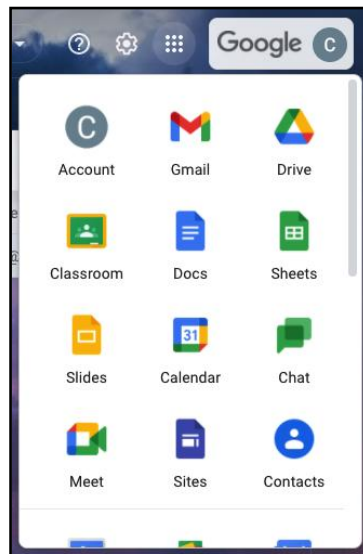
## How do you log into a Google Classroom?

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.