



SSPP School News

25th September 2026 Issue 3



**ANYTHING IS POSSIBLE
WHEN YOU HAVE THE
RIGHT PEOPLE
SUPPORTING YOU**



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 a lovely way to end another busy week at SSPP! Cakes for Macmillan and class celebrations for our GOLD Rights Respecting Schools Award. I would like to begin by saying thanks to everyone who helped to make our Macmillan Coffee Morning such a success. From the great selection of cakes, to those who baked, donated, joined us for a cup of tea or coffee, or simply came along to support your child – we are very grateful. I am pleased to share that we have already raised over £400! This is a fantastic amount for such an important cause. The children thoroughly enjoyed being part of the day, particularly our Year 6 pupils who helped to lead the event. Although, I think we may have underestimated the combined effect of cake and the excitement of our Gold Award class celebrations on their energy levels!

This week, we also had the privilege of hosting The Good Shepherd Catholic Trust's annual Mass at SS Peter and Paul's Church. This is always a special occasion, bringing together representatives from all eight schools within our Trust to pray and reflect together as we begin the new academic year. A special thank you to the parents and carers of our Year 6 pupils who joined us at the church and supported this important celebration. We received some wonderful feedback about our children, particularly their excellent behaviour, reverence and beautiful singing. They represented SSPP exceptionally well and we were incredibly proud of them.

Over the last two weeks, we have also welcomed parents and carers into school for our Meet the Teacher sessions. Thank you to everyone who was able to attend. These sessions are an important opportunity to hear directly from your child's teacher about the year ahead – what the children will be learning, the routines and expectations within their classroom, and the different ways you can support learning at home. If you were unable to attend, or would simply like to revisit any of the information shared, the presentations will be made available through Google Classroom. A strong partnership between home and school makes such a difference to children's experiences and outcomes. We want parents to feel informed, involved and able to work alongside us throughout the year and these early opportunities to connect are an important part of building that partnership.

Over the coming months, families with children due to start school next September will be making the important decision about where their child's primary school journey will begin – and we would love more families to discover SS Peter and Paul's. Our Reception tours are an opportunity for prospective parents to come through our doors, see our children learning, meet our staff and get a real sense of everyday life at SSPP.

Our upcoming Reception tours will take place on:

Thursday 5th November
Thursday 12th November
Thursday 19th November
Thursday 26th November

We know that some of our greatest ambassadors are our own families. If you know someone looking for a Reception place for September 2027, please tell them about us and encourage them to come along to one of our tours. Sometimes the best way for a new family to discover that is simply through another parent saying, "Come and have a look."

Have a restful weekend.

Ms Osei

Headteacher

Headteacher

Ms Osei

Deputy Headteacher

Mrs Hull

Assistant Headteacher

Mr Roca-Mas

DATES FOR YOUR DIARY

Monday 28th September

Reception Phonics Meeting
2.30pm

Thursday 1st October

National Poetry Day

Friday 2nd October

6R Class Assembly

Monday 5th October

Y4 Pedestrian Training

Friday 9th October

5A Class Assembly

Friday 16th October

4C Class Assembly

LINKS

School Website:

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

UNICEF Article 28

Every child has the right to an education. Primary education must be free. Secondary education must be available to every child.



You have the right to an education
UN Convention on the Rights of the Child Article 28

Gospel Reflection (Matthew 21:28-32)

What does the word 'change' mean to you? As a family, share any positive changes which have recently taken place at home, at school or within the community. Think about at least one way in which you have changed for the better and grown in goodness over the past months (e.g. in behaviour, in attitude, in helpfulness). How do you think that changing in that way has helped you? How has it helped your family or your friends?

Each of you share something about yourself that you would like to change – and say why. Perhaps it is: trying to listen better at school; being more patient; helping out more at home; always remembering to say your daily prayers. How can you make that change? Do you need anyone's help? Are there any other ways to make a change for the better over the coming days? You may also like to choose something new to do together that will make life better for the family.

Prayer for the week

Dear Lord Jesus, grant me the courage to change what can be changed, the peace to accept the things that cannot be changed, and the wisdom to know the difference. Amen

We all can improve and change for the better. Pope Francis

Catholic Social Teaching Pupil Awards

RG	
RM	
1B	
1C	
2S	
3A	Ayansh
3P	Sukhmanpreet
4C	
4W	Helena
5A	
5LH	
6B	Whole Class
6R	Whole Class

Attendance w/e 18th September

Class	% (Target 95.5%) Class attendance weekly percentages since the 6 th September 2024 Gold = Highest Green = Above 96% Red = Below 96%
N	91.7%
RG	98.8%
RM	96.5%
1B	94.1%
1C	96.0%
2S	97.7%
3A	**100.00%**
3P	95.8%
4C	95.3%
4W	98.5%
5A	99.1%
5LH	96.2%
6B	98.8%
6R	**100.00%**



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...



19th September 1356

The Black Prince, eldest son of Edward III, leads the English to victory over the French at the Battle of Poitiers.

20th September 1258

Consecration of Salisbury Cathedral.

22nd September 1735

Britain's first Prime Minister, Sir Robert Walpole moves in to 10 Downing Street.

23rd September 1848

Chewing gum is produced commercially for the first time.

Upcoming Dates

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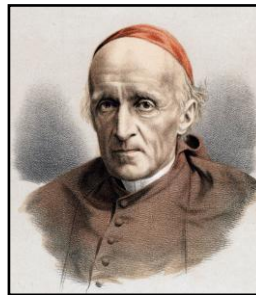
Friday 9th October

5A Class Assembly



House Points Totals

Once new House Captains have been appointed, we will begin collating the House Points that children have earned so far this year. Congratulations to **Manning House** who topped last year's final chart, earning a reward for later in the year.



SCHOOL NEWS

Saint of the Week: St Robert Bellarmine (1542-1621)

Vincent de Paul was the third of six children born to peasant farmers in the village of Pouy in the Kingdom of France, about 100 miles north of the border with the Kingdom of Spain. As a child, he worked the fields and tended the livestock, but he also showed great intelligence. Although he was quite devout as a child, he was ashamed of his poverty and longed to advance in society. He later shamefully admitted that he was even embarrassed by his father when he was young: "I was ashamed to walk with him and to acknowledge him as my father because he was badly dressed and a little lame." Vincent's father, however, was not ashamed of Vincent and saw much promise in him. When Vincent was a young teenager, his father sold an ox so that he could send his son to be formally educated.

Vincent was sent to the seminary in Dax, a town about 100 miles to the west, where he lived with the Franciscan Friars. A few years later, he was sent to the University of Toulouse to study theology and was ordained a priest at the age of nineteen or twenty. Since he might have had to receive a special dispensation for such a young ordination, he remained in Toulouse to complete further studies in theology and canon law. During his time at the university, he worked as a tutor.

In 1604, Father Vincent received an inheritance from a wealthy woman and traveled to Marseilles to sell the property. Marseilles was about 200 miles to the east of Toulouse by foot but could be reached much more quickly by boat. After selling the property, he was invited by a man to accompany him by boat to the port of Narbonne. Traveling by boat was known to be dangerous since many North African Muslim pirates patrolled those waters, looking for men to enslave. Father Vincent decided to sail to Narbonne because the wind was in their favor and the trip should be quick. However, pirates did intercept them, attacked the boat, killed some onboard, and injured everyone else. Father Vincent received an arrow in his shoulder. Once captured, they were taken to the North African port of Tunis, in modern-day Tunisia, where they were humiliated, treated like animals, and sold. For more, read: <https://mycatholic.life/saints/saints-of-the-liturgical-year/september-27->



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

GOLD CELEBRATION DAY

Today, the children were given one afternoon of 'freedom' from their usual lessons (PE-aside) in order to get into full party mood for our celebration day.

As recognition of the effort and focus they have shown over the last few years, they were all treated to a mix of films and games.

Being a three-times gold accredited Rights Respecting school is such an achievement that the day had to be marked in some way.

Don't worry parents – it's business as usual next week, where the children's right to education will be fully met until that bell sounds on Friday at 3:20pm!



West Ham Corner

This could have been a very different corner if someone hadn't reminded the team that they were playing Millwall halfway through the game last week.

The home side had raced into a 2-0 lead, but more embarrassingly we were not laying a glove on them.

Changes were made after the first 45 minutes and suddenly there seemed to be a bit of urgency – especially from point-to-prove Pablo.

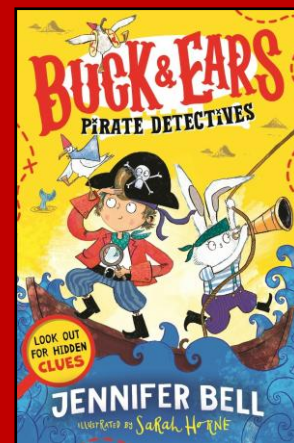
Kante got us back into the game with his third goal of the season and then prime attacking defender Mavropanos got what seems like his 30th already to make it 2-2. There was time also for Kante to 'take one for the team' as he stopped what looked a sure-fire winner by bringing down his man just outside the box. This means we have now entered the boring three week international break sitting second in the table behind Swansea

Latest Result: Millwall 2 – 2 West Ham United

League Position: 2nd



Recommended Read Year 1



Buck and his loyal rabbit, Ears, are officially the WORSE PIRATES on the Seventy Seas! When they bump into the terrifying CAPTAIN BLOODFANG, she gives them an ultimatum: follow CLUES to find her missing chef, or else be turned into pirate stew!

Along with their MISFIT CREW, can Buck and Ears SOLVE THE CASE and save themselves from a horrible fate?

If you liked this then try:

+ 'Grimwood Series' by Nadia Shireen

+ 'The Investigators Series' by John Patrick Green



Top Ten

Most correct answers over the last 7 days:

Rank	Name	Year Group	Correct Answers
1	Once we have ported our children into their new year groups and classes, the weekly tally of correct answers will be displayed, showing the top ten pupils for each week in question.		
2			
3			
4			
5			
6			
7			
8			
9			
10			



Recent Tweets – @SSPP_Primary



Remember that this Friday (25th September) is our coffee morning in aid of Macmillan Cancer Support. This begins at 9:05am. It is also our celebration day for being a three times accredited Gold Rights Respecting School. #SSPP



SSPPCatholicPrimary
@SSPP_Primary

Today we had a (one off) celebratory party afternoon, to recognise the achievement of being a three-time gold Rights Respecting school. There were games and films to be found in most classrooms as recognition of the effort and focus they have shown over the last few years. #SSPP



#BOOKMATCH

© The Reader Teacher

Books for fans of Kiran Millwood Hargrave



IF YOU LIKE KIRAN MILLWOOD HARGRAVE, READ THESE

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

Author Book Match



**Kiran
Millwood Hargrave**

- + The Girl Of Ink And Stars
- + The Island At The End Of Everything
- + The Way Past Winter
- + The Cartographer's Daughter

Reception Parent Meeting

An Introduction to Read Write Inc. Phonics

An overview of how we teach children to read.

Next **Monday 28th September at 2:30pm**, parents and carers of children in Reception class are invited to a parent meeting about phonics. This informative session will provide an introduction to Read Write Inc. Phonics scheme and an overview of how we teach children to read at SSPP.

We warmly invite you to attend!

We are a
Ruth Miskin

Read Write Inc.

**school
2025-26**

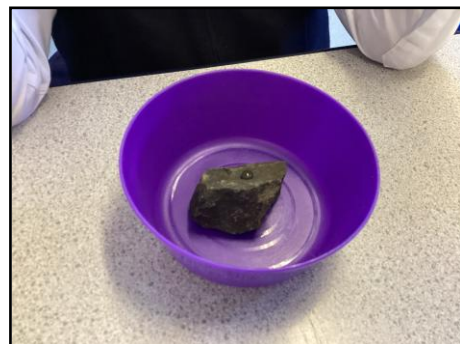
Year 6 – PSHE

In one of our first PSHE lessons of the year, pupils were playing 'meet and greet' bingo, attempting to find similarities and differences amongst their peers. Once this was completed, they took time setting their goals for the year ahead, having heard how Malorie Blackman remained really resilient when she had 82 rejections when trying to get her first book published.



Year 3 – Science

Year 3 have started their Autumn term Science topic, 'Rocks and Soils'. Whilst this might not sound the most exciting of topics, it does give the opportunity for lots of investigating! Last week we went around the school grounds identifying things made from rock or stone. Then we looked at different types of rocks to identify their properties. This week, we have been testing different rocks to find out if they are porous (soak up water), durable (cannot be damaged easily) or dense (do they float or sink). We then compared the rocks using what we had found out.



Macmillan Coffee Morning

It was a pleasure to see so many parents and family members at our annual fundraising coffee morning for Macmillan Cancer Support.



Mrs Bond's Weekly Maths Problems – KS2

- 1 A can holds 330 ml of pop.
Pop is sold in packs of 6



Karl buys 12 packs of pop.
How many litres of pop does he have?

- 2 £240 is shared between 10 boys and 12 girls.

Each girl receives £15
How much money does each boy receive, if they each get the same amount of money?

- 3 Here is a sequence

2, 5, 9, 12, 2, 5, 9, 12, 2, 5, 9, 12, ...

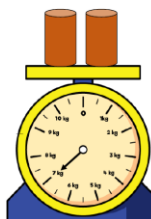
What is the sum of the first 200 numbers in this sequence?

Explain your method.



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

- 1 Mary measures the mass of 2 cylinders.



What is the mass of 10 of these cylinders? **35 kg**

- 2 Jack and Dora each have some money.



I spent half of my money.



I spent £12

They have the same amount left.

Dora spent £20

How much money did Jack have at the start? **20 + 12 = 32**

Jack had £32 at the start.



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/>

Discord is a hugely popular communication platform where young people can chat, play games and join communities built around shared interests. This #WakeUpWednesday guide explores some of the risks that can come with using it, including contact with strangers, inappropriate content, harassment and the potential for gaming and socialising to become a distraction from everyday life.

The guide also offers practical advice for parents, from using Discord's Family Centre and checking privacy settings to talking openly about suspicious behaviour and reviewing spending controls. It also encourages families to agree on clear expectations around screen time, helping young people enjoy the platform while making safer and more informed choices online.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about

DISCORD

Launched in 2015, and with over 90 million daily active users, Discord has become one of the main ways gamers communicate – with text, voice, and video chat helping people connect around shared interests. For many young people, Discord can be a useful way to talk with friends, join communities, and explore hobbies. However, like any online platform built around communication, it also carries risks around strangers, inappropriate content, spending money, and time spent online. This guide looks at what parents and educators need to know.

AGE RESTRICTION
13+
(with a 17+ app rating on app stores)

WHAT ARE THE RISKS?

A CHANNEL FOR EVERYTHING

While Discord is strongly associated with video games, it also hosts communities for almost anything you can imagine, such as books, music, influencers, cooking and sport. Some large servers focus on popular games like Minecraft or Fortnite, but many are private, invite-only spaces where friends or communities with shared interests can chat across phones, computers, and gaming consoles.

REAL-LIFE DISTRACTION

Like many social platforms, Discord can become a real time-sink. Although it does not rely on endless scrolling in the same way as some apps, constant messages, group chats, and voice channels can keep young people engaged for long periods, especially in larger servers. As Discord is closely linked to gaming, it may also increase the time they spend playing games.

STRANGER DANGER

Users can choose to stay within private servers with only people they know, but joining public servers will most likely bring them into contact with strangers. Many users are just friendly enthusiasts, yet others could have harmful intentions, including grooming, extortion, or radicalisation. In these types of environments, anyone can claim to be another teenager, which can make it harder for young people to judge who is safe to talk to.

A HARASSMENT RISK

There is also a risk from people a young person already knows in the real world. Bullying in the real world can continue online, and Discord servers can make this feel more intimidating, especially if someone uses anonymous or multiple accounts to carry out threatening behaviours. Because Discord works across computers, phones, and gaming consoles, unwanted contact can follow young people into online spaces that should feel safe and private.

INAPPROPRIATE CONTENT

This huge amount of choice can help young people 'find their tribe', especially when they have niche interests. However, because users can create servers around almost any topic, younger users may still encounter unsuitable or distressing content. Even in spaces linked to child-friendly games, Discord cannot directly control every conversation, image, or video shared by other users.

A MONEY DRAIN

Discord is free to use, but users can still spend real-world money on it. This may include Discord 'Nitro', a monthly subscription that unlocks customisation features and larger media uploads, or purchases through the 'Shop' for profile cosmetics and game-related items. Small purchases can add up quickly, especially if spending controls are not in place.

Advice for Parents & Educators

USE FAMILY CENTRE

Parents and carers should make use of Discord's 'Family Centre', which gives an overview of a younger user's activity while respecting their privacy. Messages are not shared, but adults can view an activity feed and receive weekly email summaries. Discord says this is designed to support conversations about online behaviour, rather than be about constant monitoring.

CHECK, TALK, REPORT

Review Discord's privacy settings together, including who can send them friend requests or private messages. Use this as a chance to talk to them about strangers, privacy, and personal information, making sure young people know to question suspicious behaviour, such as requests to keep conversations secret. Show them how to block and report these kinds of users and reassure them that asking for help will not get them into trouble.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard, and The New Statesman.



MANAGE TIME ONLINE

Agree clear expectations around when and how Discord can be used, especially during homework, bedtime, and family time. Encourage young people to turn off unnecessary notifications and leave servers that feel overwhelming. If Discord is mainly used alongside gaming, discuss healthy limits for both activities so that schoolwork, sleep, and offline friendships are not affected.

REVIEW SPENDING CONTROLS

Talk openly about paid features such as Discord Nitro, profile cosmetics, and in-game purchases. Make sure the young people in your care understand that digital items still cost real money. Check payment settings on the device they use, avoid storing card details where possible, and consider adding approval requirements for purchases, particularly for younger or more impulsive users.



@wake_up_weds



/www.thenationalcollege



@wake.up.wednesday



@wake.up.weds

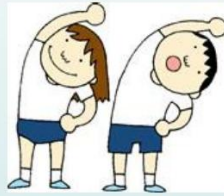
Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 23.09.2025

Healthy Lifestyle Session

Date: Thursday 5th November 2026
Time: 9.00am or as soon as you drop the children

For parents/carers of Reception and Year 6 children—each year Public Health England request that all children in Reception and Year 6 are measured (height and weight). To support this programme, you are invited to join me for a healthy eating/lifestyle session, once you have dropped the children off at school. This session will last approx. 30-40 minutes

- Get tips on leading a Healthier Lifestyle
- Learn more about Healthy Eating:
Healthy Breakfast options
Healthy vs Unhealthy snacks
Sugary Drinks
- The importance of Sleep, Exercise and Oral Health
- Find out what activities and support is available in Redbridge for you and your family.



Any queries, please call Laura Fuller
Health Improvement Advisor on 0300 300 1579 (Option 1)
or email: Laura.fuller29@nhs.net

Alternatively, if you are unable to attend the session at your child's school – you can contact us to book one of the following:

- **Virtual** Healthy Lifestyle Session (online)
- **1-2-1 Virtual** appointment (online)
- **Telephone** appointment
- **1-2-1 face to face** appointment at your child's school or local health centre

Please let us know if you require an interpreter or a British Sign Language interpreter — this can be arranged.

Please contact us to book via:

nem-tr.redbridgeHITreferrals@nhs.net or alternatively, call:
0300 300 1579 (Option 1) and ask for a member of the
Health Improvement Team



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.

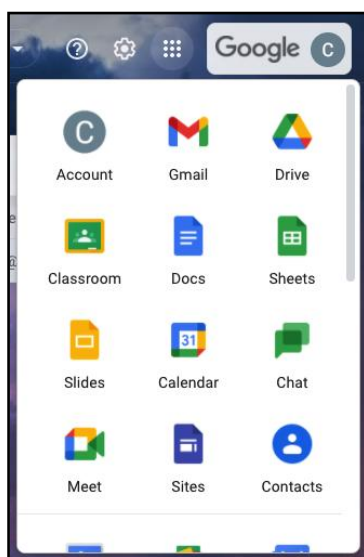
How do you log into a Google Classroom?

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.