



SSPP School News

27th March 2026 Issue 26



John 14:19

**BECAUSE I
LIVE, YE SHALL
LIVE ALSO**



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,

There's a real sense of momentum in school at the moment—and plenty to share with you as we head towards the Easter break.

First of all... we have a brand-new school website!

Mr Roca-Mas has been quietly working away behind the scenes with our web team to create something much more user-friendly and accessible for families. The address hasn't changed, so do take a look when you get a moment—we'd genuinely love to hear what you think.

We also welcomed our School Improvement Partner from the local authority this week for a Safeguarding Audit. It was a really affirming visit. She spent time seeing how children arrive and settle into school, watching movement around the building, and speaking with pupils and staff. She was particularly struck by the calm, respectful way our children conduct themselves and the confidence of our Wellbeing Ambassadors, who continue to play such an important role at lunchtimes. Perhaps most importantly, she recognised what we know to be true every day—that our staff really do know and care for the children in their classes. Alongside the positives, we are continuing to reflect honestly on where we can do even better. One of our key next steps is looking more closely at persistent absence and how we can work in partnership with families to support improved attendance for all pupils.

As a school community, we are now turning our hearts and minds to Holy Week. In assembly this morning, we spent time reflecting on the events of this most important week in the Church's year, exploring how it is marked around the world as well as the traditions we hold here at SSPP and within our own parish.

Our Lenten journey this year has been filled with prayer, small sacrifices and acts of kindness. A big thank you to Mr Bradley for organising the Lent Walk, and to those families who stayed behind to take part and support CAFOD—it was a simple but meaningful way to walk together in solidarity with others.

Year 5 led us beautifully in their presentation of the Passion this week. Through thoughtful role play and reflection, they helped us all to pause and remember the depth of Jesus' love. Thank you to Mr O'Connor and Mrs Ali for guiding the children so sensitively—it was a very special moment for our school.

We also gathered yesterday at SS Peter and Paul's Church for our end-of-term Mass, led by Father Andrew. It was a fitting way to bring the term to a close and to reflect on all that Lent has called us to be. Thank you, as always, to the parents who supported us by walking the children to and from church—we are very grateful.

Finally, a group of determined and enthusiastic Year 6 pupils organised a poster competition—and what a response they had! The standard was incredibly high, and choosing winners was no easy task. You'll see many of the entries proudly displayed around school after the holidays. The children raised £120! This will be added to the collection raised for CAFOD. Special thanks to Prissy, Dhvija, Kaaviyamaye and Aradhya – their efforts this week were brilliant.

As we approach Easter, I hope this season brings you time to rest, reflect and enjoy being together as a family.

Wishing you all a peaceful and joy-filled Easter.

Ms. T M Osei

Headteacher

Headteacher

Ms Osei

Deputy Headteacher

Mrs Hull

Assistant Headteacher

Mr Roca-Mas

DATES FOR YOUR DIARY

Monday 13th April

First Day of Summer Term

Tuesday 21st April

Whole School Mass – 11.00am
@SSPP Church

Friday 24th April

St George Reception Assembly

Friday 1st May

Marian Procession

Wednesday 6th May

EYFS Exploration Morning

LINKS

School Website:

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

UNICEF Article 17

Every child has the right to reliable information from the mass media.



You can get information in lots of ways – so long as it's safe

U.N. Convention on the Rights of the Child: Article 17

Gospel Reflection (Matthew 21:1-11)

What did the crowds spread on the path in front of Jesus? This coming Sunday is known as Palm Sunday of the Passion of the Lord. It is the start of Holy Week. This is the week when Palm Sunday of the Passion of the Lord. It is the start of Holy Week. This is the week when the Church especially remembers Jesus' final days in Jerusalem. The Church especially remembers Jesus' final days in Jerusalem. Palms will be handed out in Church in remembrance of the welcome and great praise that the people gave to Jesus when he entered the City.

Holy Week is a very special time: it includes Palm Sunday, the celebration of the Last Supper, the washing of feet, the agony in the garden, Jesus' arrest, crucifixion and his Supper. Everybody is invited to come and join with the Church this Sunday and receive a palm leaf, blessed by the priest, to take home. As a family, share ideas about what else you could do, or join in with, to celebrate the start of Holy Week and make it special. To find out more about Holy Week, please see: cbcew.org.uk

Prayer for the week


Dear Lord Jesus, as Holy Week approaches, we thank you for giving your life for us, so that one day we too may know the joys of heaven. Amen.

"Holy Week is a time to give Jesus our hearts. On the Cross He gave us all of His love." St. Teresa of Calcutta



Catholic Social Teaching Pupil Awards	
RC	Leonardo
RM	Deepjot
1B	Zayaan
1&2I	Adam
2S	Gurnam
3B	Matei
3P	Tariff
4A	Hareem
4W	Azeemah
5A	Louie
5C	Arjun
6R	Grace
6S	Daniyal

Attendance w/e 27 th March 2026	
Class	% (Target 95.5%) Class attendance weekly percentages since the 6 th September 2024 Gold = Highest Green = Above 96% Red = Below 96%
RC	91.7%
RM	97.6%
1&2I	94.6%
1B	90.0%
2S	97.2%
3B	93.9%
3P	96.4%
4A	95.6%
4W	97.3%
5A	97.2%
5C	96.4%
6R	98.3%
6S	96.8%

 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...**

23rd March 1956
Queen Elizabeth II laid the foundation stone of a new cathedral being built in Coventry.

27th March 1871
England and Scotland played their first rugby football international, in Edinburgh; first blood to Scotland..

28th March 1912
Both the Oxford and the Cambridge boats sank in the annual Varsity boat race.

Upcoming Dates


Monday 13th April
First Day of Summer Term

Tuesday 21st April
Whole School Mass – 11.00am
@SSPP Church

Friday 24th April
St George Reception Assembly




Friday 1st May
Marian Procession

Wednesday 6th May
EYFS Exploration Morning



House Points Totals



NEWMAN		1051
MANNING		1338
VAUGHAN		1297
WISEMAN		1098



SCHOOL NEWS

Saint of the Week: St Turibius of Mogrovejo (1538–1606)

On November 16, 1532, a small group of Spanish conquerors captured the Inca ruler Atahualpa in modern-day Peru. The Spaniards arrived in the New World as explorers but were mostly interested in enriching themselves with silver and gold, of which the Incas had plenty. After receiving a room of gold and two rooms of silver as a ransom for Atahualpa, the Spaniards killed him anyway. Then they continued to conquer others, until 1572, when the last of the indigenous rulers was defeated. Despite their Christian heritage, the Spaniards could be brutal; however, their presence enabled missionaries to arrive and begin the work of sharing the Gospel with the native people. In 1541, Pope Paul III established the Diocese of Lima and appointed its first bishop who served for thirty-six years. Today's saint, Saint Turibius of Mogrovejo, was born three years before the Diocese of Lima was established (It became an archdiocese in 1546.) and would become Lima's third archbishop.

Toribio Alfonso de Mogrovejo (Turibius) was born of noble parents in the town of Mayorga, northwest Spain. He was named after a local fifth-century bishop and saint. Turibius was a devout child. He had a strong devotion to the Blessed Virgin Mary, prayed to her daily, and fasted every Saturday in her honor. He had a heart for the poor and was generous in caring for them. When Turibius was twelve, he was sent to study humanities in Valladolid and was later sent to the University of Salamanca to study law. Turibius' brilliance quickly became known and caught the attention of King Phillip II, who appointed him as the Grand Inquisitor in Granada in 1571. He was only thirty-three and held that post for five years.

After the death of the first archbishop of Lima in 1575, another Spanish bishop was sent to Lima, but remained there for only two years. Aware of the moral chaos, King Phillip II knew he needed to send his best bishop to Lima. He needed a saint who knew the law, could bring reform where needed, preach the Gospel with zeal, and establish communion between the settlers and natives. At that time, it was the responsibility of the King of Spain to appoint bishops whom the pope would subsequently approve or reject. King Phillip chose Turibius for the task. There was only one problem: Turibius was not even a priest; he was a layman.

Read more: <https://mycatholic.life/saints/saints-of-the-liturgical-year/march-23-saint-turibius-of-mogrovejo-bishop/>



St. TURIBIUS of MOGROVEJO

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

Our student council has recently achieved a great success! They met with both the head teacher and the sports coach to discuss ideas and concerns raised by the whole student body. The meeting was very successful, and many of the changes the students suggested will either be introduced next term or are being carefully considered. Pupils asked for a change in the lunch menu, a weekly birthday celebration during assembly, and a new lunchtime play schedule with Coach Gogo.

These actions support **Article 12** – the right to have a say in matters that affect you, **Article 13** – the right to share your ideas and information, and **Article 31** – the right to relax, play, and join in cultural and recreational activities. Well done to the student council for representing their peers and helping to make our school a place where everyone's rights are respected!



West Ham Corner



Ok, so that dream took a minor detour last week with a resounding loss to Aston Villa. In fairness, having looked at the strength on their bench alone, it was always going to be a big task to go there and get something out of the game.

A last minute injury in the warm up for Todibo meant a total team re-shape which we never seemed to get to grips with. It ended as a comfortable 2-0 win for the home side where we never really got out of first gear.

We remain in the bottom three, still 1 point behind Spurs and now 3 behind Forest as the latter went to White Hart Lane and obliterated them 3-0.

There is a glimmer of hope that after the international break there will be our cup quarter final against Leeds, and then a simply must win home game against bottom team Wolves. That match takes place two days before Tottenham play Sunderland, so could see us briefly out of the bottom three for only the second time in months and months.

For now, it is just fingers crossed that all our international players come through safely.

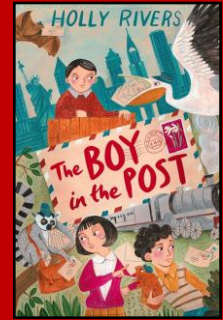
Latest Result: Aston Villa 2 – 0 West Ham United **League Position:** 18th

Times Tables Rock Stars Top Ten

Most correct answers over the last 7 days:

Rank	Name	Year Group	Correct Answers
1	Jorawar	Year 4	6624
2	Ezra	Year 4	4746
3	Morgane	Year 5	1647
4	Harry	Year 4	1636
5	Martin	Year 4	1330
6	Josiah	Year 4	910
7	Sankalp	Year 4	729
8	Izzy	Year 6	645
9	Ezhilan	Year 4	629
10	Pratham	Year 4	437

Recommended Read Y4



Siblings Orinthia and Seafra Shalloo accept a summer job from eccentric Grandy, who has collected a menagerie of furry and feathered posties known as animails. The children are especially fond of Geronimo, a homing pelican. But when the big bird fails to return from a delivery, Taber - the youngest sibling - is devastated; so much so, he mails himself to New York, where Geronimo was sent. Orinthia and Seafra follow suit, stealing a precious stamp and hopping in a freight crate - and soon all are embarked on an extraordinarily daring first-class adventure.

If you liked this then try:
 + 'The Sundae Delivery Service' by Holly Rivers
 + 'Adventures on Trains' Series by M.G Leonard



Recent Tweets – @SSPP_Primary



In a busy final week of the Spring Term, Year 3 had a great day at Colchester Castle to consolidate all of their learning about Roman Britain, Boudica and the Celts. #SSPP



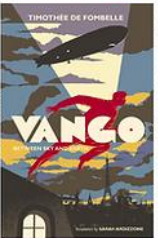
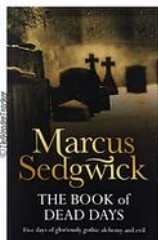
For the first time, it is Year 5 leading our annual re-telling of Jesus' passion - The Stations of the Cross. We are hearing how Jesus went willingly to his death, knowing the role he had to play in God's Redemptive Plan. #SSPP



#BOOKMATCH

© The Reader Teacher

Books for fans of *Mortal Engines* by Philip Reeve



IF YOU LIKE MORTAL ENGINES, READ THESE

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

Author Book Match



Philip Reeve

- + 'Mortal Engines Series'
- + 'Utterly Dark and the Face of the Deep'
- + 'The Railhead Trilogy'
- + 'The Goblins Trilogy'
- + 'Here Lies Arthur'

Y6 Basketball Success

We are delighted to announce that a team of Year 6 pupils, who took part in a 3 on 3 basketball tournament held within the Borough, returned victorious on Wednesday. They managed to win the whole tournament and were presented with medals which they have worn proudly since. Congratulations to them and their Coach Mr Gogo.



End of Term

School closes for the Easter holidays at 1:30pm on **Friday 27th March**. It will reopen to pupils for the start of the summer term on **Monday 13th April**.



Library Opening – Summer 1 Dates

We are opening our LRC **each Thursday** after school to allow children with their parents the chance to use it like a library. It will be open from **3:30pm** as the children are dismissed, **until 4:00pm**.

This opening time will allow parents and children the chance to access the Library, read with/to your child and possibly take out a book on 'loan'.



Thursday:	16.4.26	23.4.26	30.4.26	7.5.26	14.5.26	21.5.26
Year Groups:	Rec/Y1	Y2/Y3	Y4/Y5/Y6	Rec/Y1	Y2/Y3	Y4/Y5/Y6

Year 3 – History Trip

Year 3 had a great day out at Colchester Castle on Tuesday. We went down into the vaults of the castle to hear all about the Celts who lived in this area of Britain at the time and the subsequent invasion by the Romans. We also had the chance to build a Roman villa and find out what it would have been like to live in an Iron Age roundhouse. The children showed that they could remember a huge amount about the topic which we covered in our history lessons last term.



Year 5 – Stations of the Cross

Year 5 took the lead in a very reverent re-telling of Jesus' last few hours on Earth. They took on the task of showing The Stations of the Cross to the rest of the school, skilfully navigating each of the 14 Stations, explaining not only what happened, but also what we could take from it. We heard how we could see resilience (when Jesus falls but gets to his feet three times); compassion (where his mother comforts him and Veronica wipes his face); kindness (when Simon eventually agrees to help carry his cross); forgiveness (where even as he is being nailed to the cross, he speaks out to his Father to pardon those behaving in this way) and respect (when the wealthy Joseph of Arimathea makes use of his own family tomb to lay Jesus' body in).



Free Easter holiday activities and meals for children!

We've partnered with Empower Youth, a trusted after-school provider to run Holiday Activities and Food (HAF) programme this Easter. Children will have access to fun activities including sports, arts & crafts, STEM learning, fun group challenges and healthy meals each day.

- 📍 Location: SS Peters & St. Pauls School
- 📅 Date: April 7 -10
- 🕒 Time: 10AM – 2PM
- 👶 Ages: 5–11

Please note, free places are available for children receiving benefits.

Book here: <https://eequ.org/book/redbridge-haf-ss-peters-school-with-empower-youth-17700>

EASTER HAF
HOLIDAY ACTIVITIES

INCLUDES

- Hot lunches
- Arts, Crafts & Creativity
- STEM Activities
- Sports & Challenges
- Fun Trips

PROGRAMME DETAILS:

- SS Peters & St. Pauls School
Gordon Road
Wood 101 15A
- For 5 - 11 years old
- April 7th - 10th
- 10AM - 2PM
- Free for eligible children

Limited spaces
REGISTER NOW

020 855 548 672
www.empoweryouth.uk

REDBRIDGE RECORDER FESTIVAL 2026

Date: Tuesday 16th June 2026

Venue: Sir Hawkey Hall

Invitation for Year 3 & 4 pupils

We are delighted to invite our Year 3 and Year 4 pupils to take part in this year's Redbridge Recorder Festival on Tuesday 16th June 2026 held at Sir James Hawkey Hall.

This exciting event brings together young musicians from across the borough for an afternoon of rehearsals, followed by a special concert for friends and family at 6:00pm. It is a wonderful opportunity for children to develop their musical skills, build confidence and experience performing as part of a large ensemble.

There are 30 spaces available allocated on a first-come, first-served basis.

To prepare, participating pupils will be required to attend weekly lunchtime rehearsals in school. All music and learning materials will be provided, and participation is free of charge.

Please note: Parents/carers will need to collect their children from the concert venue at the end of the evening.

If your child would like to take part, please collect a sign-up form from Mrs Ayisah in 4A.



REDBRIDGE MUSIC FESTIVAL 2026

Date: Wednesday 3rd June 2026

Venue: SSPP Main Hall

Invitation for Year 2 & 3 pupils

Our school is delighted to announce that we will be hosting the Redbridge Music Festival this year. We are excited to invite our Year 2 and Year 3 pupils to take part in this special event, which will take place on **Wednesday 3rd June**, from 1:30pm to 3:00pm in the SSSPP Main Hall.

This festival is a wonderful opportunity for our children to showcase their musical talents and perform alongside pupils from four other schools. We are very excited to be part of this special collaborative event.

To take part, children will need to **commit to a weekly lunchtime rehearsal**, where they will learn and practise the festival songs. *If your child loves to sing and would enjoy performing as part of a large group, this is a fantastic opportunity for them to get involved.*

Please note that the event will finish at **3:00pm**, and pupils will return to class as normal.

Children should be **collected at the usual time of 3:20pm**.

If your child would like to participate, **please collect a sign-up form from Mrs Ayisah in 4A**.

If you have any questions or would like further information, please do not hesitate to get in touch.



Cello

We were treated to a short assembly about the cello this week from teachers at Redbridge Music School. Some children were then given a taster session.



New Website Design

Our School Website has always been a hub of information and celebration. It holds access to all of our curriculum details, term dates, upcoming events, policies, news items and newsletters. Having consulted with the company who provide the layout for the site, we made the decision to alter the look to a new, improved version. This has gone live this week.

The content remains the same, with all of the usual menus and buttons available.



SS Peter & Paul's Catholic Primary School

"We show our love for God in the way we treat each other. Together we follow Jesus by learning and sharing our gifts."



Home

Our School

Curriculum

Pupils

Parents

More



Spring Term finishes for pupils at 1.30pm on Friday 27th March and reopens for the Summer Term on Monday 13th April.



Catholic Life



Right Respecting



About Us



Newsletters



Curriculum



Contact Us



1 Here are 3 number patterns.

0	5	10	15	20	30
---	---	----	----	----	----

27	37		57	67	77	87
----	----	--	----	----	----	----

32	30	28	26		22	20
----	----	----	----	--	----	----

What is the sum of the three missing numbers?

2 Work out the value of each symbol.

$$\triangle + \triangle = 18$$

$$\triangle + \diamond = 30$$

$$\star - \diamond = 10$$



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

Yasmin has a large blue square piece of paper.

She cuts out a 4 cm x 4 cm square from the centre.

$$4 \times 4 = 16$$

$$16 + 65 = 81$$

$$81 = 9 \times 9$$



The area of the blue region is 65 cm².

What is the length of the large blue square? **The length is 9 cm.**

2 Work out the value of each symbol.

$$\triangle + \star + \diamond = 100$$

$$\triangle + \diamond = 67$$

$$\star - \diamond = 18$$

$$100 - 67 = 33$$

$$33 - 18 = 15$$

$$67 - 15 = 52$$



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/>

Adult animated content is increasingly visible on platforms such as YouTube, TikTok and streaming services. While the bright visuals and cartoon style may seem harmless at first glance, many of these shows and clips are created specifically for mature audiences, featuring strong language, sexual references, graphic violence and unsettling themes.

This #WakeUpWednesday guide helps parents and educators understand the risks, from misleading visuals and algorithm-driven recommendations to desensitisation and edgy humour. It also offers practical advice on platform settings, open conversations and building children's critical thinking, so young people can navigate online animation safely and confidently.

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 ADULT ANIMATED CONTENT

Bright, bold, and widely shared, adult animated content is more popular than ever, but not always what it seems. These videos, which may appear cartoonish and harmless, often contain strong language, explicit themes, graphic violence, or dark humour. Many are accessible through platforms like YouTube, TikTok or streaming services, where filters may not catch them in time.

WHAT ARE THE RISKS?

MISLEADING VISUAL STYLE

Many adult animations mimic the colourful, exaggerated look of children's cartoons. This can easily mislead not just children, but also adults, into thinking they're suitable for younger viewers. Without watching the content fully, parents or educators might approve a show or video that contains explicit jokes, graphic imagery, or highly inappropriate language, all disguised beneath a playful and fun visual style.

EXPOSURE TO HARMFUL THEMES

A number of adult animated shows and online videos explore mature or disturbing themes, such as addiction, trauma, abuse, self-harm, or violence, and often do so in a stylised or humorous way. Younger viewers may not have the emotional maturity to process this content, leading to confusion, distress, or the normalisation of very serious issues that should be discussed in a supportive context.

RISK OF DISTRESS AND FEAR

Some adult animations, especially horror-based content or 'creepypasta' style stories, include disturbing imagery, unsettling music, and sudden scares. These videos sometimes feature distorted versions of well-known children's characters, such as Sonic the Hedgehog or Peppa Pig, in frightening or violent scenarios. Children can be negatively affected if they come across this unexpectedly, leading to sleep disturbances, anxiety, or long-lasting fears, especially if children have existing worries or sensitive personalities.

INFLUENCE OF EDGY HUMOUR

Dark, edgy humour is common in adult animation and often includes jokes about topics like sexism, racism, mental illness, or abuse. When children hear these jokes, they may repeat them without fully understanding their meaning. This can lead to inappropriate behaviour in school or online spaces, and in some cases, it can reinforce harmful stereotypes or desensitise children to real-world injustice and discrimination.

ALGORITHMIC RECOMMENDATIONS

Video platforms are designed to keep users watching by suggesting similar content. If a child watches one mature animation, they may quickly be shown more, including even darker or more extreme videos. These recommendations are based on viewing patterns, not age-appropriateness. Without strict settings in place, this can lead to a rapid spiral into unsuitable, upsetting, or even harmful content online.

DESENSITISATION TO VIOLENCE

Stylised violence in animation is often exaggerated and constant. Repeated exposure to it can reduce a child's emotional response to harm, making aggression or cruelty appear entertaining or acceptable. Over time, children may become less empathetic or more tolerant of harmful behaviours in real life, especially if they see others online reacting with humour, memes, or praise for violent characters or scenes.

Advice for Parents & Educators

LEARN WHAT CHILDREN ARE WATCHING

Take time to ask children what they're watching and who their favourite creators are. Sit down and watch a few videos to get a full understanding. This helps you spot inappropriate content early and shows children that you're interested and engaged in their online world, not just policing it.

USE PLATFORM SETTINGS WISELY

Make use of built-in safety tools like content filters, restricted mode, and age settings on platforms such as YouTube, Netflix or TikTok. Turn off auto-play where possible and regularly review what children are being recommended. Although these settings aren't foolproof, they add an important layer of protection and help reduce the risk of children encountering disturbing or adult content accidentally.

TALK ABOUT WHAT'S APPROPRIATE

Keep communication open and non-judgemental. Talk about why certain themes or jokes are not appropriate for children, even if they appear in animated form. Help children understand that just because something is popular or shared widely, it does not mean it's suitable or safe. If they've seen something upsetting, respond calmly, offer reassurance, and explain things in an age-appropriate way.

ENCOURAGE CRITICAL THINKING

Help children think carefully about what they watch. Talk about the difference between fictional exaggeration and reality, while helping them question why certain content is made. Is it informative, entertaining, or meant to shock? This builds digital resilience and encourages them to make safer choices in future, rather than simply following viral trends or peer pressure to watch mature content.

Meet Our Expert

Home to the world's largest CPD library for educators, The National College has transformed the way education establishments go about developing their workforces and managing compliance. We offer memberships and packages to help all phases and types of setting raise standards, save time, reduce risk, and build a culture of improvement.

See full reference list on our website

[@wake_up_weds](https://www.wake_up_weds) [/www.thenationalcollege](https://www.thenationalcollege) [@wake.up.wednesday](https://www.wake.up.wednesday) [@wake.up.weds](https://www.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: 25.02.2026

Redbridge Mental Health Support Team presents...

PARENT AND CARER'S IN MIND: WEBINARS FOR WELLBEING

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

REGISTER NOW!

MANAGING EXAM STRESS

Exams can be stressful times for young people and their families, in this webinar we will be looking at the exam experience through the lens of anxiety. We will be sharing ideas on how you can support children and young people as they navigate this common event in school years.

WED 25.02.26 7-8PM

MOVING UP TO SECONDARY SCHOOL

Moving from primary to secondary school can be a significant milestone, in this webinar we will be looking at ways parents and carers can support children with preparation, help them with any worries and support yourselves to manage the change.

WED 25.03.26 7-8PM

TALKING ABOUT BIG FEELINGS

Understanding our emotions can be an important way to help us communicate what we need successfully. In this webinar we look at the relationship between emotions and behaviour, we will be sharing ideas and strategies to help you support children and young people with this valuable knowledge.

WED 29.04.26 7-8PM

SCAN ME! 



FOR MORE INFORMATION & TO SIGN UP

CLICK HERE,

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

OR GO TO LINKTR.EE/REDBRIDGEMHST

London Borough of
Redbridge
#BREAKTHESTIGMA



Are you a parent or carer of a child or young person with special educational needs or disability (SEND) aged 0-25 living in Redbridge?

SEND PARENT CARER DROP IN

TIME: 10AM - 1PM
VENUE: THE GROVE, GROVE ROAD, CHADWELL HEATH, RM6 4XH

DATES:
WEDNESDAY 11TH FEBRUARY
WEDNESDAY 25TH FEBRUARY
WEDNESDAY 11TH MARCH
WEDNESDAY 25TH MARCH

Come and meet the EPT team as well as other parent carers who have children/young people 0-25 with SEND in Redbridge. It's an opportunity to off-load, be signposted, share what is and is not working and much more.

FREE MEMBERSHIP

Open to family members and carers of any child or young person with SEND up to the age of 25 years who live in or receive services from Redbridge. Associate membership is available for practitioners.

MEMBERSHIP FORMS AVAILABLE FROM:

www.empoweringparentstogether.org.uk
info@empoweringparentstogether.org.uk

07486 880 646



FOLLOW US ON FACEBOOK: Empowering Parents Together - Redbridge

FOLLOW US ON INSTAGRAM: [ept_redbridge_send](https://www.instagram.com/ept_redbridge_send)



Parents & Carers therapeutic art session

Free Creative Workshops for SEND Parents

Create • Connect • Restore
Redbridge & beyond
Creative Dates & Themes 2026



Dedicated creative wellness events, nurturing parents and carers of SEND children through art and connection



Scan to Learn More

22nd January
12th February
12th March
16th April
7th May
4th June
2nd July

Time: 10:30 AM – 12:30 PM

Location: Fullwell Cross Library IG6 2EA

About Event:

Soul Studio, by Afora CIC and BarkingSide Art Club, is a free monthly project for Redbridge SEND parents to relax, create, and connect. This judgment-free space is all about celebrating your journey, expressing yourself through art, and building meaningful connections. Come unwind, share, and shine you deserve it!



What to Expect:

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Relax • Create • Connect

Sip tea, enjoy snacks, and unwind in a calm, welcoming space. Create art, share laughter, and connect with local SEN parents of Redbridge in a supportive, understanding environment.

Guided by Eliyah Qureshi artist, educator, and fellow SEN mum bringing both professional insight and lived experience.



Why Join?

- Learn new art techniques.
- Enjoy therapeutic creativity.
- Connect with understanding parents.
- Celebrate SEND resilience.
- Grow artistic confidence.



Scan to book



FREE Entry – Limited to 20 participants (so book early!)

Don't miss the fun – see you there!



Working together today, improving their tomorrows

Redbridge Music Service Clubs

VISION IS MUSIC

Exciting Musical Opportunities for Young Musicians in Redbridge (Beginner – Grade 3)



Over 20 Music Clubs
APPLY NOW!



vrcl.uk/musicservice



SEND Empowerment
ADVICE & SUPPORT

FREE SEND SUPPORT SERVICES

SEND Empowerment Advocacy is a free, independent advocacy service for parents and carers of children and young people with special educational needs and disabilities (SEND). Our team is fully trained in SEND Law and brings both professional expertise and lived experience, meaning we understand the challenges families face. We're here to support you through every stage of the SEND journey.

CONTACT US

Phone Number: 07354 731467

Email: info@send-empowerment.co.uk

Website: www.send-empowerment.co.uk

OUR SERVICES

- CONFIDENTIAL ADVICE
- EHC NEEDS ASSESSMENT REQUESTS
- FORMAL COMPLAINTS
- LIAISING WITH THE LOCAL AUTHORITY
- ANNUAL REVIEW SUPPORT
- MEETING SUPPORT
- EHCP DRAFT CHECKS
- SUPPORT WITH APPEALS
- EXCLUSIONS
- TRANSPORT ISSUES AND MUCH MORE!



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

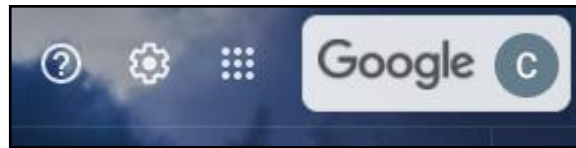
What is Google Classroom?

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.

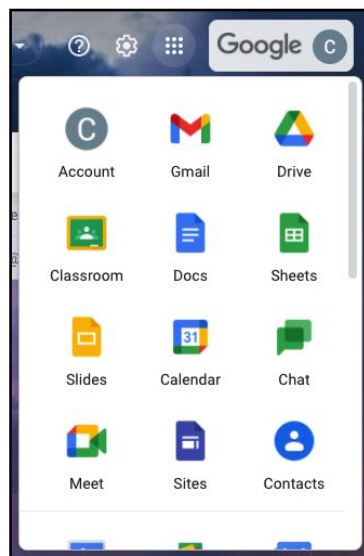
How do you log into a Google Classroom?

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.