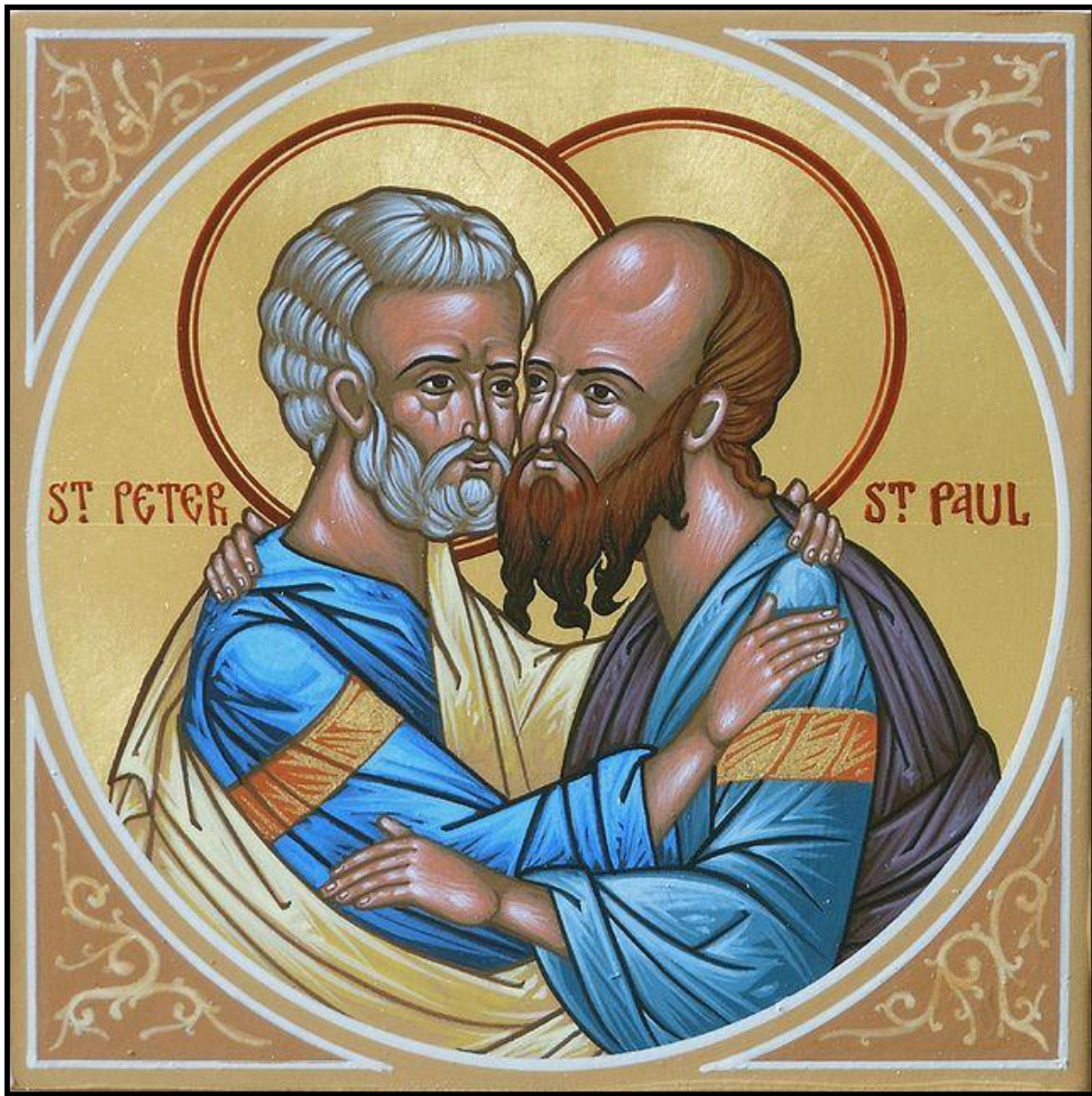




# SSPP School News

12<sup>th</sup> June 2026 Issue 34



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**THERE IS GOLD  
EVERYWHERE, MOST  
PEOPLE ARE NOT  
TRAINED TO SEE IT**

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# 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](mailto: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,

I hope this newsletter finds you well.

As always, it has been another busy week at SSPP. On Monday, we were delighted to welcome our governors into school for the day. They spent time with me reviewing the progress we have made so far this year, visiting classrooms, speaking with children and learning more about key areas of school life. A particular highlight was hearing from our newly appointed Learning Ambassadors, who have continued the excellent work begun through the PINNS Project. The children confidently shared their ideas and recommendations about how they can contribute to decision-making around teaching and learning within our school. The governors reported that they enjoyed listening to them speak and it was a real reminder of the importance of pupil voice—although I suspect they may be just as excited about having some influence over how future funding is spent!

On Tuesday, we welcomed our assessor for our Rights Respecting Schools reaccreditation visit. This was an important opportunity to showcase everything that makes SSPP such a special place. Throughout the day, the assessor met with pupils, staff and parents, gaining first-hand insight into how children's rights are embedded throughout our curriculum and daily interactions. Most importantly, it allowed us to demonstrate how our Catholic values and mission are lived out each day. Our children spoke passionately about their rights, making us incredibly proud. We would like to thank everyone who contributed to the visit and look forward to sharing the outcome with you when we return in September.

Today, the children had an inspiring experience when they spent time with Wesley, a champion Judoka. Through a series of workshops and an assembly, Wesley encouraged the children to think about what it really means to be healthy—not only physically, but mentally and emotionally too. The pupils listened as he shared his personal journey, the challenges he overcame, what motivated him to succeed and some of his proudest achievements in competition. Needless to say, the children were not only impressed by his sporting talent but inspired by his positive attitude. A special thank you to Mr Wall for organising this event.

Looking ahead, we have an exciting and busy few weeks as we move towards the end of another successful academic year. Please do take a moment to note the important dates and events included in this week's newsletter so that you do not miss any of the celebrations and opportunities ahead.

With the warmer weather continuing, it has been lovely to see so many children travelling to school by bike and scooter. Please can I remind families to ensure that children wear appropriate safety equipment and that bikes and scooters are parked carefully in the designated areas so that pathways remain safe and accessible for everyone.

Wishing you all a restful and enjoyable weekend.

God bless,

Ms Osei

**Headteacher**

### Headteacher

Ms Osei

### Deputy Headteacher

Mrs Hull

### Assistant Headteacher

Mr Roca-Mas

### DATES FOR YOUR DIARY

#### Tuesday 16<sup>th</sup> June

Music Concert – Hawkey Hall

#### Friday 19<sup>th</sup> June

1/2I Class Assembly

#### Monday 22<sup>nd</sup> June

Colours of Redbridge Project

#### Tuesday 23<sup>rd</sup> June

Y2/Y3 Barbican Visit

### LINKS

School Website:

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

### UNICEF Article 15

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



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

### Gospel Reflection (Matthew 9:36-10:8)

God loves all people equally and invites everyone to share in his kingdom – today! What do the words ‘God’s kingdom’ mean to you? We can see God’s kingdom in the person of Jesus and demonstrated through the loving actions of others. Who brings peace, joy, happiness, love, kindness or understanding into your lives?

We can help God’s kingdom of peace and healing to grow within and around us through the little things that we do and say. Each of you choose one way in which you can help the kingdom of God to grow. Perhaps you can: be more helpful around the house; share more; support a child, family or project at school where help is needed. Why not get involved with a charity that helps the poorest in the world (e.g. visit Cafod.org.uk or Missio.org.uk)?

### Prayer for the week

Dear Lord Jesus, please help us to build your kingdom in our hearts and in the world – to do your work on earth with love and care for all. Amen.

*“The kingdom is hidden within you; it is found in your own soul.” St Isaac of Nineveh*



### Catholic Social Teaching Pupil Awards

|      |             |
|------|-------------|
| RC   |             |
| RM   | Asher       |
| 1B   |             |
| 1&2I |             |
| 2S   | Prince Zion |
| 3B   | Harkirat    |
| 3P   |             |
| 4A   |             |
| 4W   |             |
| 5A   |             |
| 5C   |             |
| 6R   | Jojo        |
| 6S   |             |

### Attendance w/e 6<sup>th</sup> June 2026

| Class | % (Target 95.5%)<br>Class attendance weekly percentages since the 6 <sup>th</sup> September 2024 |
|-------|--|
| RC    | 95.0%  |
| RM    | 98.1%  |
| 1&2I  | 97.7%  |
| 1B    | 98.0%  |
| 2S    | 95.2%  |
| 3B    | 97.1%  |
| 3P    | 93.4%  |
| 4A    | 97.3%  |
| 4W    | 99.1%  |
| 5A    | 99.2%  |
| 5C    | 97.2%  |
| 6R    | 97.1%  |
| 6S    | 87.7%  |

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...

#### 9<sup>th</sup> June 1870

The nation’s best loved author Charles Dickens died of a stroke at his home in Gad’s Hill Place, Kent.

#### 11<sup>th</sup> June 1509

18 year old English King Henry VIII married his former sister-in-law Catherine of Aragon, his first wife.

#### 13<sup>th</sup> June 1944

The first V1 flying bomb, or “doodle bug” was dropped on London.

### Upcoming Dates

#### Tuesday 16<sup>th</sup> June

Music Concert – Hawkey Hall

#### Friday 19<sup>th</sup> June

1/2I Class Assembly

#### Monday 22<sup>nd</sup> June

Colours of Redbridge Project





#### Tuesday 23<sup>rd</sup> June

Y2/Y3 Barbican Visit



## House Points Totals



|         |   |      |
|---------|---|------|
| NEWMAN  |  | 1751 |
| MANNING |  | 1877 |
| VAUGHAN |  | 1495 |
| WISEMAN |  | 1322 |

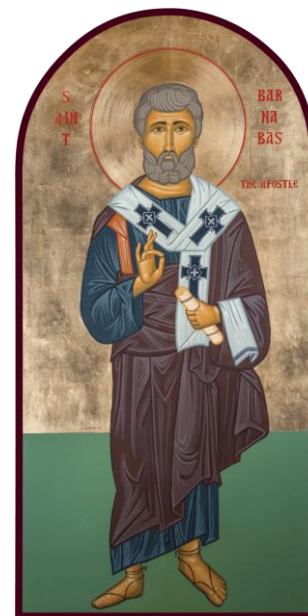


**SCHOOL NEWS**

## Saint of the Week: St Barnabas the Apostle (c. 61)

Saint Barnabas, originally named Joseph, was born on the isle of Cyprus and was a Jew of the tribe of Levi (see Acts 4:36). Nothing else is known about his early life. During Jesus' public ministry, Joseph became His fervent follower and might have been one of the seventy-two disciples whom Jesus sent out on a mission (see Luke 10:1–24). After Pentecost, as the Church in Jerusalem began to grow, the Apostles changed Joseph's name to Barnabas, which means "son of encouragement." His name change might have occurred because Barnabas supported the Church when he "sold a piece of property that he owned, then brought the money and put it at the feet of the apostles" (Acts 4:37). This is the first mention of him in the New Testament.

Three years later, after Saint Paul had undergone his conversion to the Christian faith and spent three years fasting and praying in Arabia, he travelled to Jerusalem to consult with the Apostles. The Apostles and the Christian community were at first hesitant to receive him, for they were aware of the persecutions he had issued against the Church. Barnabas, however, "brought him to the apostles, and he reported to them how on the way he had seen the Lord and that he had spoken to him, and how in Damascus he had spoken out boldly in the name of Jesus" (Acts 9:27). After spending a short period of time in Jerusalem, Saint Paul returned to his hometown of Tarsus to avoid persecution. He remained in Tarsus for the several years. During that time, some of the Christians who left Jerusalem after the martyrdom of Saint Stephen travelled north to Antioch in Syria, where many Greek Gentiles lived. In Antioch, the Greek-speaking Christians began to preach the Word of God to the Gentiles. As a result, many of the Gentiles converted and accepted the faith. When the Apostles in Jerusalem heard about this, they sent Barnabas to minister to these new converts. Barnabas was so impressed that he went to find Saint Paul in Tarsus and brought him back to Antioch to help share the Good News. It was there, in Antioch, that the word "Christian" was first used, perhaps because the new converts were Gentiles who converted not to the Jewish faith, but directly to Christ. After a year in Antioch, Paul and Barnabas returned to Jerusalem on a relief mission to assist those suffering from a famine. They brought with them money that was raised among the Christians in Antioch. After returning to Antioch, the Holy Spirit revealed to the Christian community that Paul and Barnabas were to be "set apart" for a special mission. The two were then ordained as bishops and sent forth on a mission, bringing with them Barnabas' relative, John Mark, the Gospel writer. Over the next year, they traveled to Seleucia, Cyprus, Salamis, Paphos, Perga of Pamphylia, Antioch of Pisidia, Lystra, Derbe, Iconium. and back to Antioch. Suria.



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

Tuesday, as expected, was a lovely chance to show our visitors why children's rights are at the heart of all that we do in SSSP.

After briefly speaking with Ms Osei and a Leadership Team, the two visiting assessors were treated to a tour of the school.

They were then given the chance to talk to two pupil groups, the first made up of our Steering Group (which contains school councillors, their deputies, our Ambassadors and more). They spoke so knowledgeably about rights at SSPP and in the wider world, covering topics such as dignity and equity.

A second pupil group saw children from as young as Year 1, who are not in leadership roles, speak with them. Once more, they impressed the assessors with their depth of knowledge.

Finally, we were grateful to a group of parents, teachers and LSAs who represented the rest of our school community and fielded further questions.

No outcome can be fully shared until the report is verified and published (which might not be until September) but what can be said, is that the visitors left here under no illusion about the amount of work which goes on for rights at SSPP.



## West Ham Corner



West Ham have been back in the news this week with the resignation of Chairman David Sullivan. This was swiftly followed by a Panorama special about him and his conduct over the years – you can make the judgement on these two events being closely linked.

What it means from a fan's point of view, is that Czech billionaire (and current owner of the Royal Mail) Daniel Křetínský is looking to possibly increase his ownership stake in the club. It is thought that Nuno was very much his favoured manager moving forwards, and this might explain why he was given the nod to carry on after overseeing relegation last year.

Having paid over 3.6 billion for the Royal Mail, it is clear he knows how to raise capital and finances. That said, West Ham are still in a position where they need player sales to avoid falling foul of a points deduction or worse. This is possibly why every player being linked at the moment comes under the 'he's free' banner.

**Latest Result:** West Ham United 3 – 0 Leeds

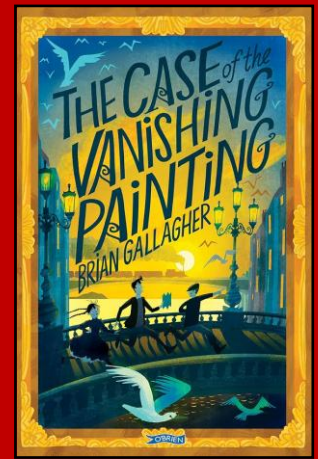
**League Position:** 18<sup>th</sup>

## Times Tables Rock Stars Top Ten

**Most correct answers over the last 7 days:**

| Rank | Name       | Year Group | Correct Answers |
|------|------------|------------|-----------------|
| 1    | Harry      | Year 4     | 1391            |
| 2    | Jorawar    | Year 4     | 951             |
| 3    | Kirishanth | Year 4     | 817             |
| 4    | Mcneil     | Year 5     | 809             |
| 5    | Aaron      | Year 4     | 653             |
| 6    | Maxen      | Year 3     | 518             |
| 7    | Ezra       | Year 4     | 423             |
| 8    | Emilia     | Year 4     | 370             |
| 9    | Aryan      | Year 4     | 357             |
| 10   | Ezhilan    | Year 4     | 316             |

## Recommended Read Y6



*A valuable painting leaves Galway in a guarded carriage. When the train arrives in Dublin, the painting is gone, and the train's guard is suspected. Twins Deirdre and Tim know their father isn't a thief, and they're determined to find out who is. Soon the children are battling not just to clear his name, but for their very lives!*

If you liked this then try:  
 + 'The Case of the Secret Signal' by Brian Gallagher  
 + 'The Case of the Disappearing Double' by Brian Gallagher



## Recent Tweets – @SSPP\_Primary



Year 6 are starting to create their controllable vehicles in DT. Their brief involves helping @Tesla into the delivery drone market. After days of drawing artistic impressions and technical plans, the making has begun. #SSPP



It was a pleasure welcoming our @UNICEFuk assessors today as we attempted to secure our third 'Gold' reaccreditation. As expected, our pupils loved showing about how children's rights are at the heart of what we do. We look forward to the report being published in the future.

Books for Topics

If you like... **Horrible Histories** try these...

## Author Book Match

**'Terry Deary'**

- + 'Horrible Histories' Series
- + 'Fire Thief' Trilogy
- + 'Dangerous Days' Series
- + 'Tudor Tales' Series
- + 'Black Cats' Series

### Athlete Visit To SSPP

On Friday, we welcomed GB Judo team member Wesley Greenidge to SSPP. He encouraged each child to take part in a sponsored training circuit. During this time, there were four key exercises to complete for 1 minute at a time.

As part of his visit, Wesley found out about what pupils at SSPP know about healthy eating and sports. We heard about the importance of a balanced diet from someone who needs the right fuel inside him to be at his peak performance levels in tournaments.

The assembly part of the morning finished with Wesley speaking about his sporting journey to becoming a Judo champion and an aspiring Olympian.

Children who managed to fundraise to certain levels then got the chance to receive signed pictures, and some even got to meet him for a 1:1 talk!



## Request For Help



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

SSPP is holding a STEM Week beginning the **6<sup>th</sup> July 2026**.

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

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

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

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

We look forward to hearing from you!

Many thanks – Miss Skeete and Mrs Perry

## Culture Day Art Projects

Following on from our successful Cultural Day, we continued to celebrate different cultures by setting an Art and DT project.

Thank you to all those who took the time to create amazing and imaginative projects on theirs and other cultures. It's been great to see the wide range of cultures that we have at SSPP.

These pieces have now been showcased around our school corridors for pupils, adults and visitors to see and learn what makes different cultures special.

Fantastic work! Miss Skeete and Mrs Munro



## Year 2 – Science

This week, Year 2 took their learning outside to test their predictions as to whether the most flowers would be growing on the field. Whether it was the edge of the field by the playground, in the middle of the field or in the shade under a tree. After writing their predictions, we found that most flowers were found in the middle of the field. Different reasons children gave as to why this might be the case were *“There’s more sunlight in the middle for the flowers to grow”*, *“The sunlight helps the soil give nutrients to the plants”*. *“The plants get better sunlight, water and soil in the middle”*.



## A Festival of Creativity and Innovation



Join **Redbridge Central Library** and **SPACE Ilford** on **Saturday 13<sup>th</sup> June for Tech Ilford 2026** for their annual celebration of innovation, creativity and hands-on discovery. Their festival offers exciting and interactive experiences around STEAM subjects (Science, Technology, Engineering, Arts, and Maths) for families, young people, and the wider community.

No experience needed, just bring along your curiosity!

**All the activities are free, drop-in and running from 11 am to 3 pm unless stated otherwise.**

Thanks to **UK Robotics**, they’re running a prize draw for three amazing robot building sets! Take part, give feedback on the day, and you’ll be entered; winners will be drawn the week after the festival.

To reserve a spot: <https://www.eventbrite.co.uk/e/tech-ilford-a-festival-of-creativity-innovation-tickets-1988394803383?aff=oddtcreator>



## National Book Tokens

The National Book Tokens annual prize draw is back to give five schools across the UK and Ireland the chance to win £1,000/€1,000 in National Book Tokens and fill their shelves with new and inspiring books.

The nomination needs to come from outside of school staff, but more information can be found here: <https://www.nationalbooktokens.com/schools-prize>

## Win £1,000 / €1,000 for your school's library

Nominate your school to #rebuildthelibrary with one of our five huge prizes. Plus, you could win a £100/€120 National Book Token for yourself!



## London Theatre Kids Week

# KIDS WEEK

## ON SALE NOW

T&Cs apply. Subject to availability.

### Book now for Kids Week 2026!

A child aged 17 and under goes free when accompanied by an adult paying full price. Plus, an additional two children can attend for half price.

This year, Kids Week performances will run from Monday 20 July – Monday 31 August and tickets are now on sale.

During Kids Week some shows will run activities before or after performances, so you can get even more from your theatre trip!

For more information, please visit the website.

<https://officiallondontheatre.com/kids-week/>



## School Disco

Last Friday saw a number of different school discos take place for various age groups. Thank you to those who organised the event and to staff who helped to supervise, showing off their moves!



1 Complete these number sentences.

$$5 + 5 + 5 + 5 = \square \times 5$$

$$2 + 2 + 2 + 2 + 2 = \square \times 5$$

$$10 + 10 + 10 = \square \times 5$$

$$5 - 5 = \square \times 5$$

2 Lou has 5 bananas.



Dan has 8 times as many.

How many bananas do they have in total?

3 A bag contains 100 counters.

Susie takes out 26 counters.

Mark takes out 39 counters.

How many counters are left in the bag?



1 Complete these number sentences.

$$25 + 25 + 25 + 25 = \square \times 25$$

$$10 + 10 + 10 + 10 = \square \times 5$$

$$25 + 25 + 25 + 25 = \square \times 5$$

$$25 + 25 + 25 + 25 = \square \times 100$$

$$25 + 25 - 25 - 25 = \square \times 25$$

2 Louise is thinking of a 4-digit number.

Here are some clues to the number.

The number lies between 4,000 and 5,000

All the digits are different

The digit in the tens place is twice the digit in the thousands place

The sum of the digits is 24

The number is odd

What could Louise's number be?



## 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/>

Sports betting has become increasingly visible across apps, websites, social platforms and sports coverage, making it easier for young people to encounter gambling messages before they are old enough to take part legally. This guide explores how betting content can appear through adverts, influencers, tipsters, friends, gaming spaces and even adult accounts.

It also highlights the risks of impulsive spending, chasing losses, 'free bet' offers and the way gambling can become normalised around sport. With practical advice on starting calm conversations, spotting warning signs, setting safer digital boundaries and finding support, the guide helps parents and educators approach the topic with confidence.

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](http://nationalcollege.com).

## What Parents & Educators Need to Know about SPORTS BETTING ONLINE

Sports betting online involves placing wagers on real-world sporting events through websites, apps, and linked accounts. In the UK, licensed gambling is illegal for under-18s, yet young people may still encounter betting through sports coverage, social media, gaming spaces, friends, or adult accounts. With gambling content increasingly visible online, parents and educators should help children understand the risks, financial impact, pressure, and how to make safer choices.

### WHAT ARE THE RISKS?

#### EASY ONLINE ACCESS

Online sports betting sites and apps are widely available and can be accessed through phones, tablets, computers and, indirectly, gaming or social platforms. Some young people may attempt to bypass age checks using false details or someone else's account. Digital wallets, prepaid cards, and saved payment details can also make spending harder to notice, increasing the risk of discreet or impulsive betting.

#### PEER AND INFLUENCER PRESSURE

Social media influencers, online tipsters, and sports content creators can make betting appear fun, profitable, or part of being a committed fan. Young people may feel pressure to copy this behaviour, especially when friends talk about odds, accumulators, or predictions during matches. Gambling advertising rules aim to protect under-18s, but children can still see persuasive betting content in online spaces.

#### FREE BET OFFERS

Online betting platforms often use free bets, bonus credits, or risk-free promotions to attract users. These offers can make gambling seem safe or low commitment, but they usually include terms and conditions that young people may not understand. A free incentive can lead to real spending, repeated deposits, or the belief that gambling is easier to control than it is.

#### NORMALISING GAMBLING BEHAVIOUR

Online sports betting can make gambling feel like a routine part of watching sport. Young people may begin to see odds, predictions, and wagers as harmless entertainment rather than as financial risk. This can also blur boundaries with other gambling-like activities, including loot boxes, skins betting, or casino-style games, making later gambling feel more acceptable or familiar.

#### ADVERTISING AROUND SPORT

Young people can be exposed to betting brands through sports broadcasts, social media, sponsorship, pitch-side advertising, and content linked to major fixtures. Repeated exposure may make gambling seem normal, glamorous, or expected as part of the sport. Without adult guidance, children may connect betting with excitement, loyalty, and success, rather than understanding that gambling is designed to make money from customers.

#### CHASING WINS AND LOSSES

A winning bet can create excitement and encourage a young person to try again, while a losing bet may lead them to place another wager to win back the money. This is known as chasing losses. Because online bets can be quick, small, and available at any time, children may not recognise how rapidly repeated decisions can become costly and emotionally harmful.

## Advice for Parents & Educators

### START EARLY CONVERSATIONS

Talk openly with children about how betting works, including odds, losses, advertising, and the fact that gambling companies are commercial businesses. Use examples they may recognise, such as betting adverts during football matches, influencer predictions, or online tipsters. Keep the tone calm and curious, so that children feel able to ask questions, share concerns, and discuss pressure from friends without fearing punishment.

### EXPLORE ONLINE EXPOSURE

Ask which apps, websites, games, sports channels, and social media accounts children use around live sport. Betting content may appear through adverts, sponsorship, livestreams, tipster pages, or discussions between friends. Watching a match together can help you point out gambling messaging in real time and explain how it is designed to influence choices, normalise betting, and encourage spending.

### SET SAFER BOUNDARIES

Use device, app store, and bank settings to limit spending, block gambling transactions where possible, and require adult approval for purchases. Check payment histories for unfamiliar withdrawals, digital wallet use, or repeated small transactions. These safeguards work best alongside clear conversations, helping children understand that online payments are still real money, even when they feel quick, hidden, or invisible.

### NOTICE AND SEEK SUPPORT

Look out for secrecy around devices, sudden interest in odds, requests for money, unexplained spending, mood changes linked to sports results, or late-night phone use. Respond with support first, then gather information and seek specialist advice where needed. Organisations such as GambleAware, Ygam, GAMSTOP, and the Gambling Commission provide information about gambling harms, education, blocking tools, and support routes.

### Meet Our Expert

Bubba Goedert is a Senior Lecturer and the Head of Events at the University Campus of Esports. He is also the President and Co-Founder of the Videogames and Esports Foundation, a charity that supports safe and inclusive gaming environments. With over 25 years of experience in esports, education, and media, Bubba is a global leader in promoting positive gaming practices for youth and families.



See full reference list on our website

@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: 10.06.2025





**EMPOWERING  
PARENTS  
TOGETHER**

*Working together today, Improving their tomorrows*



# Special Educational Needs and Disability (**SEND**) **INFORMATION EVENT**

## Empowering Parents Together - Redbridge Parent Carer Forum

Guests including:

- Mayor of Redbridge - Cllr Bert Jones
- Cabinet Member for Children, Young People and Education
- Director of Education and SEND
- Executive Director of Adult Social Care and Health
- Redbridge Integrated Care Director
- NELFT Assistant Director for Children's Services

Stallholders including:

- Adanna Women's Support Group
- BENEFITS Services including HOUSING
- Children with Disabilities Team
- Complete Education Solution (TCES) Group
- Continence, Sleep & Behaviour Consultant
- DABD: Enabling Independence
- Early Help & Transition Team
- Early Years & Childcare
- NELFT - CAMHS, Nursing, Therapies
- Healthwatch
- Holiday Activities and Food programme

- Listening Books
- SEND Advisory & Training Service
- SEND Protect Financial education
- SENsational Tutors
- Short breaks and Young Carers
- Speech and Language Therapists
- Supported internship & Work Redbridge
- VISION Libraries & Culture
- Wanstead Community Riding Stables
- Winckworth Sherwood Solicitors
- YoungMinds charity, and much more.

**Open to SEND parent carers and professionals**

**Wednesday 17th JUNE 2026**

**Time : 10.30am - 1.30pm**

**Venue: Redbridge Town Hall,  
128-142 High Road, Ilford, IG1 1DD**

Contact details for free membership and forthcoming events

[www.empoweringparentstogether.org.uk](http://www.empoweringparentstogether.org.uk)  
[info@empoweringparentstogether.org.uk](mailto:info@empoweringparentstogether.org.uk)  
07486 880 646

FACEBOOK: Empowering Parents Together - Redbridge

Light refreshments provided

**FREE  
ENTRY**



**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

**ELMA**  
BEST LONDON  
MUSIC ALLIANCE

London Borough of  
**Redbridge**

**child  
friendly  
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 funded by the London Borough of Redbridge ARTS COUNCIL ENGLAND

London Borough of Redbridge



<https://forms.office.com/Pages/ResponsePage.aspx?id=F1yLk04uzk2pe6CzToA6liF9VMBt4RFHl5UbqW9x3NUOUSM1pMNDZPQic1T1FCOFpLWTU1SxRQTC4>



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



## 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.

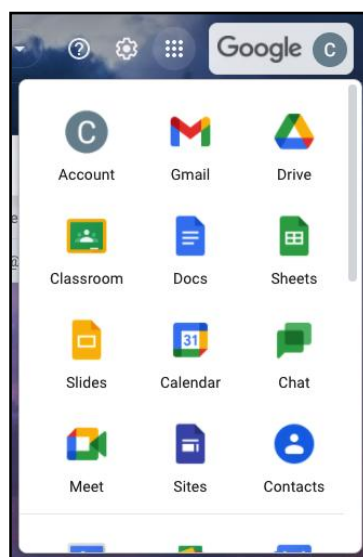
## How do you log into a Google Classroom?

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.