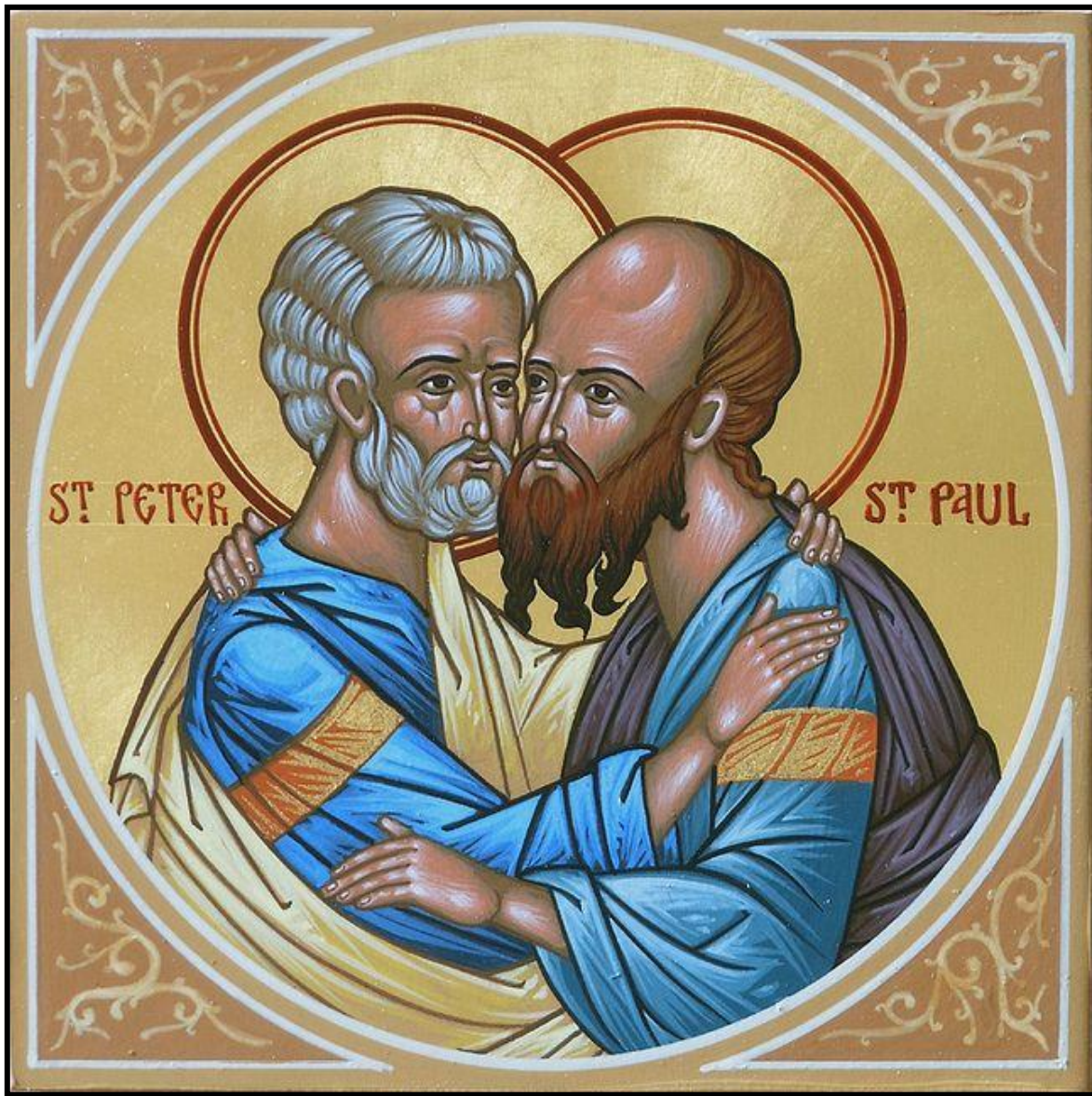




SSPP School News

19th June 2026 Issue 35



**A VISION IS A
PICTURE OF THE
FUTURE WHICH
PRODUCES PASSION**



SS Peter and Paul's Catholic Primary School

The Good Shepherd Catholic Trust

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

Tel: 020 8478 1267

admin.sspeterandpauls@redbridge.gov.uk



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

Dear Parents, Carers and Friends of SSPP,

As the warm weather continues, it has been wonderful to see children across the school making the most of the opportunities for outdoor learning. The sunshine has provided the perfect backdrop for learning beyond the classroom, this includes planting and growing in KS1 which can be seen sitting outside Class 1B.

Today, our Year 3 pupils visited South Park to take part in a community litter-picking. Through this act of service, pupils have demonstrated our school values in action, showing care and responsibility for the environment while making a positive contribution to the local community.

Earlier this week, I had the pleasure of attending a Recorder Concert in Woodford, where our talented Year 3 and Year 4 pupils who attend Recorder Club performed with confidence and enthusiasm. They represented SSPP brilliantly and should be very proud of their achievements. My thanks go to Mrs Ayisah and Sophie from the Redbridge Music Service for their dedication and support in preparing the children so well.

Today, Class 1/2I led us in an uplifting class assembly. The children reflected on the contribution of the Windrush Generation and expressed their gratitude for the many individuals whose courage, determination and hard work have helped to shape modern Britain. They also marked Father's Day, reminding us of the importance of celebrating and giving thanks for the special men in our lives, including fathers, grandfathers, uncles, stepfathers and other significant role models. The children spoke with confidence, sang beautifully and delivered a great assembly. It was especially lovely to welcome Mrs Ionita back for a surprise visit. Like me, she was incredibly proud to see the children's achievements and the confidence with which they shared their learning. A special thank you to Mrs Nahar and all the staff who supported the children in preparing such a wonderful presentation.

Our Shine Club continues to go from strength to strength and it is wonderful to see the provision growing each term. This week, children have been learning how to keep themselves safe near roads through role-play activities and practical discussions about safe road-crossing behaviours. Last week, they focused on online safety and how to make responsible choices when using technology. The Shine team consistently provides engaging experiences that not only enrich children's enjoyment but also support their personal development, wellbeing and understanding of how to stay safe. If you have not yet explored the provision, I would encourage you to register and find out more about the opportunities available.

Finally, I would like to extend a thank you to our Friends of SSPP team. The recent school disco raised an impressive £474.87. Even more remarkably, over the last two years, Friends of SSPP have raised over £5,000 for our school community. Their efforts have helped to enhance opportunities for all our children, and we are incredibly grateful for their ongoing support. Next term, we will be working alongside Friends of SSPP, staff and pupils to consider how these funds can be used to further enrich the experiences and provision available across the school.

I hope you and your families enjoy a restful and enjoyable weekend.

Warm Weather Reminders

As temperatures continue to rise, please help us to keep children safe and comfortable by ensuring that:

- Children bring a named water bottle to school each day.
- Sun cream is applied before school where appropriate.
- Children wear their school sun hat when outdoors.
- Children are reminded about the importance of drinking water regularly throughout the day.

We will continue to monitor the weather and make adjustments to outdoor activities where necessary to ensure that all children remain safe whilst enjoying the benefits of learning and playing outside.

With every blessing,

Ms Osei

Headteacher

Headteacher

Ms Osei

Deputy Headteacher

Mrs Hull

Assistant Headteacher

Mr Roca-Mas

DATES FOR YOUR DIARY

Monday 22nd June

Colours of Redbridge Project

Tuesday 23rd June

Y2/Y3 Barbican Visit

Friday 26th June

Y2/Y3 Barbican Visit &
Non-Uniform Day – Foyre
Donations

Monday 29th June

SSPP Feast Day Mass in school

Thursday 2nd July

Borough-wide Y6 Transition Day

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 10:26-33)

What does the word 'courage' mean to you? When was the last time you needed courage? Have you ever needed the courage to: go somewhere new or try something new; tell the truth; admit a mistake; stand up for someone; speak up for something that was right; resist peer pressure or go against the crowd and say that something was wrong? Is there anything you are afraid of right now? Who do you know who has shown or shows 'courage'?

The word 'courage' comes from the Latin word for 'heart' and it basically means that you are brave. Courage is a gift of the Holy Spirit – it makes us strong. Putting our faith in Jesus and his teachings gives us the courage to do the right thing. How can we have more courage? Perhaps we can: develop our friendship with God through prayer; ask God for more courage; put our faith in Jesus and his teachings; support and encourage each other always to do what we know to be right – even if we are afraid.

Prayer for the week

Dear Lord Jesus, please give us the courage always to do and say what is right and help us to remember that we can always put our faith in you. Amen

"In joining yourself to God's will, you take on new life and gather great courage." St Paul of the Cross



Catholic Social Teaching Pupil Awards

RC	
RM	Aarsh
1B	Kyllie
1&2I	Whole Class
2S	Zara
3B	Harkirat
3P	Dylan
4A	Felix
4W	Izabela
5A	Xan
5C	Victoria
6R	Jojo
6S	

Attendance w/e 19th June 2026

Class	% (Target 95.5%) Class attendance weekly percentages since the 6 th September 2024 Gold = Highest Green = Above 96% Red = Below 96%
RC	93.7%
RM	94.2%
1&2I	96.1%
1B	93.7%
2S	95.9%
3B	95.4%
3P	94.7%
4A	94.3%
4W	96.5%
5A	96.9%
5C	96.6%
6R	97.1%
6S	94.0%



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...

15th June 1215

King John and his barons met on the banks of the River Thames at Runnymede and sign the Magna Carta, thus removing total authority from the monarchy forever.

19th June 1917

In the midst of World War 1 the British royal family renounced German names (Saxe-Coburg-Gotha) and titles, and adopted the name of Windsor.

Upcoming Dates

Monday 22nd June

Colours of Redbridge Project

Tuesday 23rd June

Y2/Y3 Barbican Visit

Friday 26th June

Y2/Y3 Barbican Visit & Non-Uniform Day – Fayre Donations

Monday 29th June





SSPP Feast Day Mass in school

Thursday 2nd July

Borough-wide Y6 Transition Day



House Points Totals

NEWMAN		1775
MANNING		1902
VAUGHAN		1530
WISEMAN		1431



SCHOOL NEWS

Saint of the Week: St Romuald (c. 951–1027)

Saint Romuald was born into a noble family in Ravenna, located in modern-day northern Italy. As a youth, he was reportedly quite mischievous, and by some accounts, even vicious. It's likely he adopted such behavior in imitation of his father. During that time, the nobility were often engaged in conflicts over control of land, political power, or in response to perceived violations of their family's honor. When Romuald was twenty, his father, Sergius degli Onesti, found himself embroiled in such a conflict with a relative over land ownership. They resolved their dispute through a duel, which Sergius won by killing his relative. Even though Romuald was no stranger to such conflicts, he was horrified by his father's actions. Romuald fled to the Benedictine monastery of San Apollinare-in-Classe, just south of Ravenna. Initially, he went to the monastery for a forty-day retreat of prayer and penance to atone for his father's sin. After forty days, he decided to stay and become a monk.

In Romuald's day, many European monasteries were undergoing reform. Many had become political in nature and had relaxed their emphasis on prayer. When Romuald entered the Monastery of San Apollinare-in-Classe, reforms had just started, but true reform takes a long time. Given Romuald's newfound zeal for prayer and penance, coupled with his temper and lack of patience, he often lashed out at his fellow monks for their lax lifestyle. As a result, Romuald was not very popular among the more worldly monks. He requested and quickly received permission from the abbot to move to Venice and live as a hermit under the spiritual direction of another hermit named Marinus. For the next several years, Romuald lived a strict life of solitude, silence, prayer, and penance. Under Marinus, he developed his own monastic lifestyle, learning not only from Marinus but also directly from the Holy Spirit through his life of prayer.

Around the year 978, while in his late twenties, Romuald and Marinus moved to the border of France and Spain and built a hermitage near the Monastery of Saint-Michel-de-Cuxa. For the next several years, Romuald continued to live a life of prayer, solitude, and silence, along with a period of intense study, taking advantage of the library at the nearby monastery. His studies, guided by the Holy Spirit, led him to further develop a new way of being a hermit and to a deeper understanding of the ideals of monasticism in general.

Around the age of thirty-seven, after living the hermit's life for fifteen to twenty years and developing a new theological and practical understanding of the ideals of monasticism, Romuald began traveling across Europe. He founded new hermitages and monasteries and provided spiritual direction to existing ones in need of reform. One of his first stops was to visit his father, who had since repented of his former lifestyle and became a monk himself.

For more information read: <https://mycatholic.life/saints/saints-of-the-liturgical-year/june-19--saint-romuald-abbot/>



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

At SSPP, we are committed to being a rights-respecting school where every child is valued and included. This links closely to our Article of the Month, **Article 15** of the UN Convention on the Rights of the Child, which states that children have the right to meet with others, join groups, and take part in activities peacefully.

Recently, pupils have been enjoying opportunities to put this right into action through the Gardening Club, participating in after-school clubs, and meeting pupils from other schools. These experiences help children build friendships, develop new skills, and feel part of a wider community while respecting the rights of others.

UNICEF RIGHTS RESPECTING SCHOOLS

Everyone under the age of 18 has all the rights in the Convention on the Rights of the Child (UNCRC) without discrimination of any kind, based on race, colour, sex, religion, language, abilities or any other status, whatever they think or feel, or their family background. Article 3 (best interests of the child) The best interests of the child shall be a primary consideration in all decisions and actions that affect children. Article 4 (implementation) Governments and parents and other individuals, organisations and institutions shall implement their obligations under the Convention in a manner consistent with the rights and responsibilities of children and their parents. Article 5 (parental guidance) Parents or other persons who have legal responsibility for the child shall, in the exercise of their parental functions, be guided by the principles of the Convention. Article 6 (survival and development) Every child has the right to the highest attainable standard of health and to basic education. Article 7 (name and nationality) Every child has the right from birth to a name and to acquire a nationality. Article 8 (family relations) The child has the right to maintain direct relations with both parents and other members of his or her original family, if such relations are not contrary to the best interests of the child. Article 9 (separation from parents) The child has the right not to be separated from his or her parents against their wishes, if the parents are living together. Article 10 (return of child) If a child is separated from his or her parents or other relatives, or being prevented from returning home, the child has the right to re-unite with his or her family, if such re-unification is in the best interests of the child. Article 11 (child labour) Every child has the right to be protected from economic exploitation and from performing any work that is likely to be hazardous or to interfere with the child's education, or to be harmful to the child's health or development. Article 12 (views) Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously. This right is particularly important in cases of immigration proceedings, housing decisions or the child's day-to-day life.

West Ham Corner



The World Cup rumbles on (apparently, most games seem to be when pretty much our whole country is asleep, but there we go).

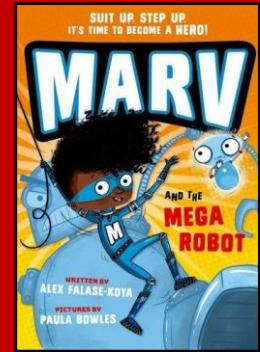
There has not been any concrete movement in the transfer window. The closest to leaving still seems to be Fernandes who is being courted by Manchester United and a host of European clubs.

Summerville did his chances of a move no harm as he started and scored for the Netherlands in their 2-2 draw with Japan. A few more games like that over the next few weeks and we might be able to add a couple more zeroes on the end of his fee.

One area of movement may actually be in the backroom at the club where a move for Newcastle's head of recruitment, Steve Nickson may be happening soon. It is being reported that West Ham's next recruitment head is expected to have a bigger remit and stronger presence – so this is an important appointment to get right.

There is no sign yet of any new kits floating around social media, with a change in manufacturer and a possible change in sponsorship, it should cause a stir when they do drop.

Recommended Read Y1



Marvin is an ordinary boy who loves spending time with Grandpa, reading comics, and making science experiments with his best friend Joe. But everything changes when he discovers a mysterious superhero suit hidden in the attic... to his amazement, Marvin learns that he is next in a long line of superheroes. Now the time has come to meet his destiny!

When the Science Fair is thrown into chaos by super-villain Mastermind and her giant robot, Marvin is the only one who can stop them. Will Marvin be brave enough to step into his power-and into his superhero suit-to become the great and marvellous superhero Marv?

If you liked this then try:
+ 'Marv and the Dino Attack' by Alex Falase-Koya
+ 'Investigator' Series by John Patrick Green

Times Tables Rock Stars Top Ten

Most correct answers over the last 7 days:

Rank	Name	Year Group	Correct Answers
1	Morgane	Year 5	2160
2	Mcneil	Year 5	2082
3	Jorawar	Year 4	1788
4	Maxen	Year 3	1412
5	Hermon	Year 1/2	552
6	Bianca	Year 4	416
7	Rhema	Year 6	338
8	Sankalp	Year 4	272
9	Victoria	Year 5	161
10	Hiyab	Year 4	142

Recent Tweets – @SSPP_Primary



It has been amazing to welcome GB Judo team member Wesley Greenidge to SSPP today. He has encouraged each child to take part in a sponsored training circuit. At the end of the hard work, the children are now hearing about Wesley's Judo journey. #SSPP



Sometimes a bit of quiet and a good book is all you need to recharge your energy. #SSPP

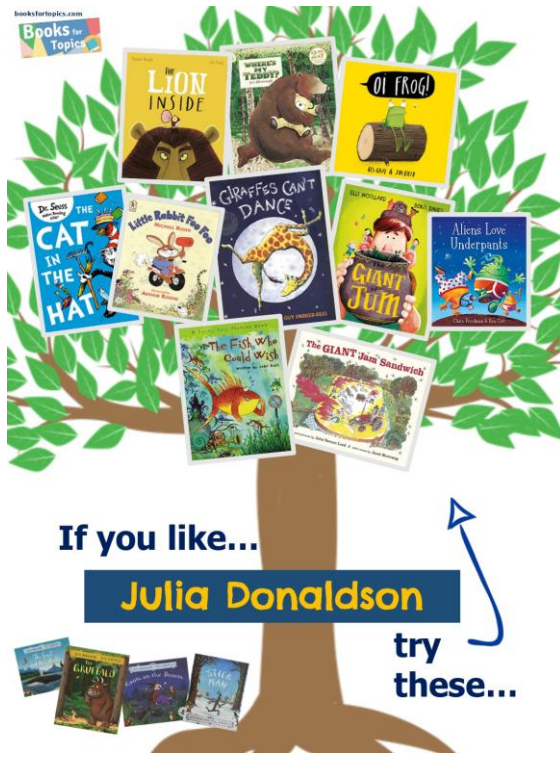


Author Book Match



'Julia Donaldson'

- + 'The Gruffalo'
- + 'Zog'
- + 'Room On A Broom'
- + 'Superworm'
- + 'The Highway Rat'



Year 6 Geography Local Area Walk

As part of their local studies Geography unit, Y6 have been observing traffic and safety measures in and around the school. Some children were assigned to collect numeric data about the volume of traffic, whilst others collated information about the surrounding roads and looked for potential ways to improve safety in the local area.

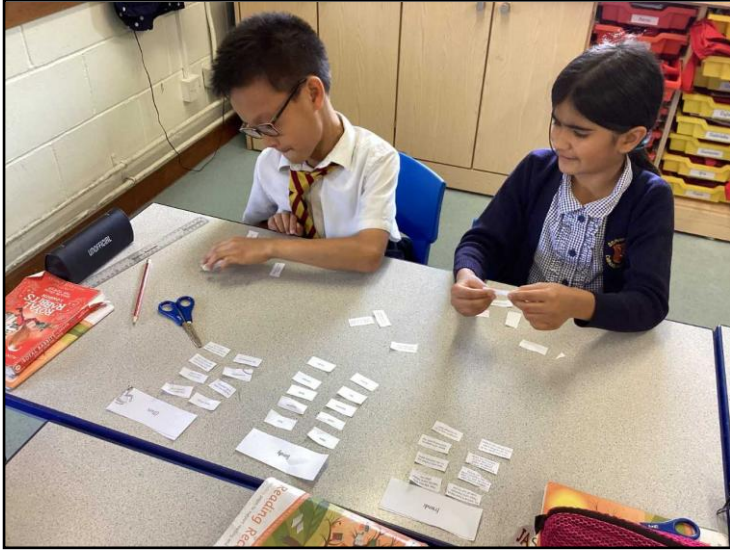


Water Bottles

Please do not freeze these to give to your child. It gives them little water to drink and can make a mess of children's tables and work as they defrost during the day.

Year 3 – RSE Units

In our new RSE units, 'Life to the Full' we have been looking at different types of relationships. We talked about who we would class as our 'family', who we can call 'friends' and other people who are sometimes in our lives, but are neither family OR friends. Then we discussed what we would like from the different types of relationships as well as what WE can give.



Year 3 – Geography & DT

This week Year 3 carried out a good deed for our local community! As part of our Geography and DT topics for the Summer term, we went to South Park to carry out a litter survey in order to answer the question, 'How tidy is our local environment?' The South Park volunteer group provided us with black sacks and litter pickers and we were directed to different areas which needed tidying. Whilst we were picking up the litter we kept a tally of the different rubbish items we found. We are going to use this information in our forthcoming Geography and DT lessons where we will be making our own litter pickers.



Attendance

As we display our weekly attendance in each issue of the newsletter, it can be very clear when classes drop below the government-expected threshold of 96%. This week shows a drop across many classes where children are off. When a child is genuinely unwell, they should of course be given time to recover, but for such an impacting percentage, this is not always the case.

Recorder Club

On Tuesday, Recorder Club enjoyed a fantastic visit to Sir James Hawkey Hall to take part in a recorder festival organised by Redbridge Music Service. Pupils joined children from other schools for a day of music-making, enjoying the opportunity to play together as part of a much larger ensemble. It was wonderful to hear so many recorders performing in harmony and to share the experience with other young musicians from across the borough.

One of the highlights of the day was having the chance to use the dressing rooms, which made everyone feel like real performers preparing for a concert. The children were excited to be backstage and experience an aspect of performance that audiences do not usually see. They behaved impeccably and represented the school with pride throughout the event.

The festival was a memorable and inspiring experience that helped pupils develop their confidence, listening skills and musicianship. Everyone returned to school full of enthusiasm, having enjoyed making music with others and celebrating the joy of performing together.



REDBRIDGE MUSIC SERVICE
Recorder Festival

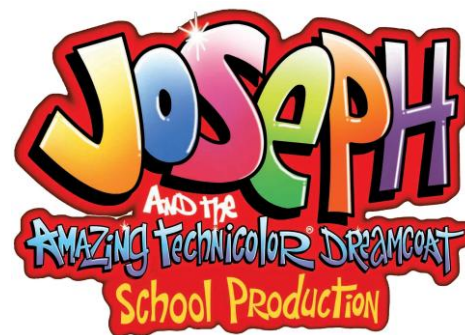


Year 6 Production

The Year 6 summer production of 'Joseph And His Amazing Technicolour Dreamcoat' will take place on **Wednesday 8th July**.

Children will be due back at school for 5.00pm where their costumes will be waiting. The show will start promptly at 5.30pm.

We hope that parents will make the effort to attend the show, but if that is not possible, all children will need collecting. No child will be allowed to travel home alone when the show concludes around 7.15pm



Year 6 Parents – Year 6 Leavers' Mass & Celebration

Our Year 6 Leavers' Mass (for our Year 6 pupils and their families) will take place with Father Andrew on **Thursday 16th July** starting promptly at **6:00pm**.

Once mass has concluded in our school hall, there will be a short celebration party (hopefully outside if the weather plays ball), where some food, drinks and music will be provided.

Initial food and drink will be free for our Year 6 pupils, but there will be a small charge for parents and family members who partake.



Colours of Redbridge: Treasures of the Tide Street Parade Saturday 27th June 2026

Next Saturday 27th June, we warmly invite our whole school community to watch this year's Colours of Redbridge annual parade in Ilford. The theme for the parade is "Treasures of the Tide" and this spectacular event is suitable for all ages to come and watch.

Highlights from the parade will include, a giant sea turtle accompanied by schools of fish made from beautiful silk batiks and bottles to gather messages from the local community. There will also be silk waves telling the stories of how people came to settle here in Redbridge.

Our school has been chosen to take part in the programme and some of our pupils will be performing samba drums during the parade as part of the drumming section. Further information regarding the parade route can be found on the website below:

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

We look forward to seeing you there!



Request For Help



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

SSPP is holding a STEM Week beginning the **6th 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 6th July- Friday 10th July** , then please **email 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

A Festival of Creativity and Innovation



Join **Redbridge Central Library** and **SPACE Ilford** on **Saturday 13th 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! ❖

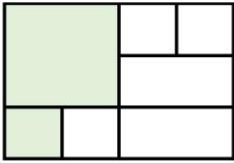
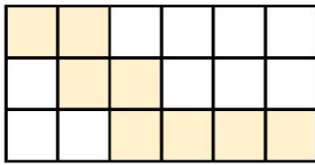
All the activities are free, drop-in and running from 11 am to 3 pm unless stated otherwise.

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>



1 What fraction of each rectangle is shaded?



2 Work out the following fraction calculations.

(a) $\frac{3}{6} + \frac{1}{2}$

(b) $\frac{2}{5} + \frac{7}{15} + \frac{3}{5} + \frac{8}{15}$

(c) $1 - \frac{1}{5} - \frac{3}{10}$



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

1 Complete these number sentences.

$5 + 5 + 5 + 5 = \boxed{4} \times 5$

$2 + 2 + 2 + 2 + 2 = \boxed{2} \times 5$

$10 + 10 + 10 = \boxed{6} \times 5$

$5 - 5 = \boxed{0} \times 5$

2 Lou has 5 bananas.



Dan has 8 times as many. $5 \times 8 = 40$
 $40 + 5 = 45$

How many bananas do they have in total?

They have 45 bananas in total.

A bag contains 100 counters.

3 Susie takes out 26 counters.

Mark takes out 39 counters.

How many counters are left in the bag?

$100 - 26 = 74$

$74 - 39 = 35$

There are 35 counters left in the bag.



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/>

QR codes are a useful means by which people can quickly access online resources and other information, simply by scanning the pixelated pattern with their phone's camera. Unfortunately, as with many other advances in technology, there are those who use QR codes to scam and defraud unsuspecting people, tricking them into providing their personal details and payment information.

It can be difficult to determine when a QR code is legitimate – or where exactly you might encounter a scam of this nature – but it's important to learn how, if you wish to avoid falling victim to such a thing. This guide explores the most common places you may find a QR code scam and explains how best to protect yourself from this underhanded practice.

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 QR CODE SCAMS

WHAT ARE THE RISKS?

QR code scams (also known as 'quishing') involve the malicious use of Quick Response (QR) codes to deceive people into revealing personal information or downloading harmful software. These scams exploit QR codes' convenience and widespread use – for example, in adverts, restaurant menus and public notices, with criminals installing fake QR codes which direct users to bogus sites.

WIFI CONNECTION

Scanning a QR code may be the means of connecting to the Wi-Fi network in a hotel or other public area. This is usually legitimate, but if the QR code is a fake, it could result in criminals viewing your browsing history and even your login details. These can subsequently be used for phishing attacks and identity fraud – and even financial fraud, if they're able to access your banking credentials.

PAYMENT SYSTEMS

Cybercriminals may seek to change a QR code that's related to a legitimate payment service, such as in a restaurant. If a customer scans the QR code expecting to order and pay for goods or services (such as a meal in this case), they may be directed to a site controlled by the scammers. Entering their payment details would then allow the criminals to defraud them.

DISCOUNTED GOODS

A poster promises goods or services at a discounted cost, requiring people to scan a QR code to register and pay. The poster, however, is malicious, and there is no discount. Again, providing your payment details would allow the criminal to access your funds. This scam is reasonably common and is often found in car parks in major cities.

PRIZE DRAWS

A QR code is provided for a prize draw, advertised on a poster which is likely on display in a public space. Scanning the QR code will result in being asked to provide further information (such as your email address, name, address or phone number), which is then used by criminals for further social engineering attacks or even identity fraud.

FAKE EVENTS AND TICKETS

A poster highlights news regarding an upcoming event, or regarding an additional allocation of tickets for a sold-out concert or other performance. It directs the user to scan a QR code for more information, to register or possibly to pay. The QR code then leads to a fake site hosted by scammers, aiming to gather data on the user for future attacks or to exploit or defraud them immediately.

Advice for Parents & Educators

BE VIGILANT

QR codes are becoming more prevalent, and cybercriminals are increasingly seeking to use them to steal information and commit fraud. As such, it is important to remain aware of the risks. Always consider these safety concerns before scanning a QR code and avoid doing so unless you're certain it's legitimate. Be sure to keep your device's operating system updated as well, to keep you protected from known safety risks.

CHECK FOR SIGNS OF TAMPERING

Where QR codes are printed or displayed, check for any sign of tampering: as a sticker with a new QR code being placed over the top of the previous code, for instance. Where there are signs of tampering, you should consult a member of staff (if you're in a hotel or restaurant, for example) or simply avoid scanning the code altogether.

CHECK THE URL

Most phones now show the web address or URL which a QR code connects to, and they typically require users to accept being taken to this address before progressing. Check that the web address matches that of the site or service you're expecting to access via the QR code you've scanned. If it seems dubious in any way, don't click on it.

USE TRUSTWORTHY SOURCES

Consider the source of the QR code and its trustworthiness. A QR code for payment in a restaurant, for example, is likely to be legitimate if you can see it printed on every menu; a random poster pinned up in the street or in a building's corridor is more likely to be fraudulent. If you're unsure, err on the side of caution and don't scan the code.

USE THE DEFAULT QR CODE SCANNER

Most mobile devices come with the ability to scan QR codes built into the camera app. Where possible, you should seek to use this default functionality and avoid the use of third-party QR scanning apps which may have themselves been tampered with or compromised. Stick to reputable methods.

Meet Our Expert

Gary Henderson is the Director of IT at Millfield, a large independent boarding school in Somerset, as well as a member of the Digital Futures Group, Vice Chair of the ISC Digital Advisory Group and an Association of Network Managers in Education (ANME) Ambassador.

[@wake_up_weds](https://www.wake_up_weds.com)

[/www.thenationalcollege](https://www.thenationalcollege.com)

[@wake.up.wednesday](https://www.instagram.com/wake.up.wednesday)

[@wake.up.weds](https://www.facebook.com/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: 21.08.2024

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 AND SEARCH 'MHST'

OR GO TO 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
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

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

REDBRIDGE MUSIC SERVICE

ELMA

London Borough of Redbridge

ARTS COUNCIL ENGLAND



<https://forms.office.com/Pages/ResponsePage.aspx?id=F1yLk0d4uzk2pe6CzToA6liF9VMBt4RFHl5UbqW9x3NUOUSM1pMNDZPQic1T1FCOFpLWTU1SxRQTC4>



VISION IS MUSIC

Redbridge Emotional Wellbeing Mental Health Services



Anna Freud Centre Resources

- Lingo booklet: provides insight into the experiences of young people when talking to adults/professionals about their mental health <https://www.annafreud.org/mental-health-professionals/improving-help/resources/lingo/>
- Talking mental health with young people in primary school: <https://www.annafreud.org/schools-and-colleges/resources/advice-for-parents-and-carers-talking-mental-health-with-young-people-at-primary-school/>
- Talking mental health with young people in secondary school: <https://www.annafreud.org/schools-and-colleges/resources/advice-for-parents-and-carers-talking-mental-health-with-young-people-at-secondary-school/>
- Supporting children's transition into secondary school: Guidance for parents/carers: evidence-based guidance package for parents that was written with input from clinicians at the AFC and teachers. <https://www.annafreud.org/schools-and-colleges/resources/supporting-childrens-transition-to-secondary-school-guidance-for-parents-and-carers/>



Child Psychotherapy

- Understanding childhood: contains a series of leaflets written by experienced Child and Adolescent Psychotherapists to give parents, grandparents, carers and professionals additional insight into children's feelings and view of the world and to help make sense of their behavior. <https://childpsychotherapy.org.uk/resources-families/understanding-childhood>



Redbridge EWMHS/CAMHS

- ADHD Resources for parents: with information on organizations that parents can refer to for extra support for their child, including support in the education section, parenting programs, and online courses for parents/carers. (attached)
- Official Redbridge EWMHS/CAMHS Resource Booklets <https://www.nelft.nhs.uk/redbridge-camhs>



YoungMinds

- Apart from having great resources for parents/carers regarding young people's mental health, they also have a parenting support helpline that you are able to call.
 - Offer advice to parents/carers concerned about their child's mental health up to the age of 25.
 - Helpline: 0808 802 5544 (9:30am-4pm Monday to Friday) FREE
 - Webchat service (9:30am-4pm Monday to Friday) – on bottom right hand corner, click the webchat icon
 - Email service (temporarily closed)
 - [Parents Helpline | Mental Health Help for Your Child | YoungMinds](#)



Gov.Uk

- UK Government website also has a section called the Education Hub where they provide lists of resources for children, students, parents, school staff that you can access for free.
- [Mental health resources for children, students, parents, carers and school/college staff - The Education Hub \(blog.gov.uk\)](#)

Google Classrooms – Help Sheet



Google Classroom

What is Google Classroom?

Google Classroom is a class-organisation platform that incorporates Google's core G Suite (Google Docs, Sheets, Slides, Drive) and other Google products so students can access everything they need for a class, including homework assignments, group projects and files. Google Classroom is designed for organisation and collaboration. We will be using Google Classroom to assign homework as well as within school to improve children's digital literacy.

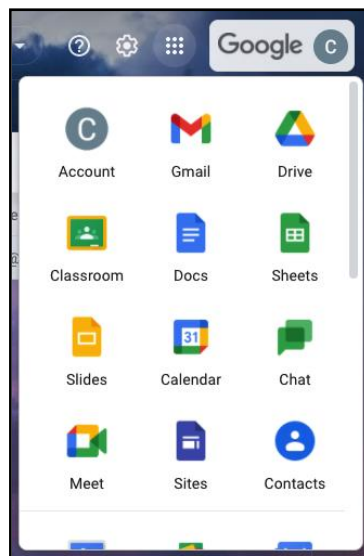
How do you log into a Google Classroom?

Your child has been given a username (email address) and a password, these should be stuck inside their communication or homework books. You have also received an email and/or text with the information. To access it you can search 'Google login', once you have logged in using the username and password you have access to email, classroom and Google drive (a storage system that uses the Google version of Word, Excel and PowerPoint).

When you log in look for the 'waffle' (the nine dots).



You will then see these options and you select 'Classroom'



Each class is private to the people the teacher has personally invited, including the students enrolled in that class and other teachers. Once your child has accessed a class, they can use all the features the teacher has enabled for that class, including class schedules, assignments and announcements.

Can you use Google Classroom at home?

Children can access Google Classroom from anywhere, including from their phones or tablets, when they download the Google Classroom app. As your child's Google Classroom password is also required to log onto our school network in lessons, please *do not change the password*.

How does my child find out about new stuff posted in Google Classroom?

Your child will receive an email when the teacher posts an announcement. These emails come through your child's email account, not solely in the Classroom. Classrooms do not alert you when an assignment is due; to keep track of deadlines, kids need to check the class calendar.