



# SSPP School News

3<sup>rd</sup> July 2026 Issue 37



**A NEW CHAPTER  
UNFOLDS EACH  
YEAR. HAPPY 40<sup>TH</sup>  
BIRTHDAY TO US!**



# 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,

It has been a much kinder week when it comes to the weather and I know many of us have been grateful for the cooler temperatures. With the warmer summer weather now expected to return, I would appreciate your support in ensuring that children come to school wearing the correct summer uniform. Should the weather change significantly, I will of course write to you again with any necessary updates.

On Monday, we came together as a school family to celebrate the Feast of Saints Peter and Paul with Father Andrew. It was a beautiful opportunity to reflect on our patron saints and the values they inspire within our school. Our Year 6 pupils led the celebration with reverence, guiding us through prayer and reflection. Did you know, Saint Peter was one of Jesus' first disciples and is known as the 'rock' upon which the Church was built. He became the first Pope and is remembered for his courage, leadership and faith. Saint Paul was originally known as Saul and was once a persecutor of Christians. Following his dramatic conversion on the road to Damascus, he became one of Christianity's greatest missionaries, travelling widely to spread the Gospel and writing many of the letters found in the New Testament. Together, Saints Peter and Paul remind us that God calls each of us, whatever our story, to use our gifts in service of others.

Wednesday's Sports Day was another fantastic success and perfectly demonstrated the spirit of our school. We certainly enjoy a little healthy competition between pupils, parents and staff and I think it is fair to say that everyone had an enjoyable afternoon. A huge thank you goes to Mr Gogo and Mr Wall for their organisation and for ensuring the events ran so smoothly. I would also like to extend my thanks once again to Palmer Academy. Their support continues to be exceptional. Their pupils were outstanding Sports Ambassadors, patiently explaining each activity, encouraging every child to take part and ensuring that all pupils felt welcomed, included and celebrated. Their enthusiasm and leadership played a significant role in making the day such a success.

Many of you will now have received confirmation of your child's class for September. As we begin the final weeks of this academic year, our teachers are focusing on celebrating the progress each child has made whilst carefully preparing them for a successful transition into their new year group. Transition is about much more than simply moving classrooms; it is about building confidence, fostering excitement and ensuring that every child feels ready to embrace the opportunities that lie ahead.

On Thursday, many of our Year 6 pupils visited their new secondary schools. It has been a real pleasure speaking with so many of them today and hearing about their experiences. There was a wonderful mix of excitement, curiosity and anticipation as they shared their hopes for this next chapter in their education. Whilst they are naturally looking ahead, we are determined to make their final weeks at SS Peter and Paul's memorable as they celebrate their achievements and experiences that have shaped their primary school journey.

This week's newsletter is a little shorter than usual as our staff, volunteers and Friends of SSPP have been working incredibly hard preparing for our Annual Summer Fayre. I would like to offer my thanks to everyone who has donated prizes, volunteered their time, baked, organised stalls or supported the event in any way. Events such as these are only possible because of the generosity and commitment of our school community.

Wishing you all a wonderful weekend.

Ms Osei

**Headteacher**

### Headteacher

Ms Osei

### Deputy Headteacher

Mrs Hull

### Assistant Headteacher

Mr Roca-Mas

### DATES FOR YOUR DIARY

#### Monday 6<sup>th</sup> July

Y6 Dress Rehearsal & Y5 pBone Performance

#### Tuesday 7<sup>th</sup> July

Y5 Palmer STEM Visit

#### Wednesday 8<sup>th</sup> July

Y6 Summer Production & EYFS Tea Party

#### Thursday 9<sup>th</sup> July

Current Y5 Parents Residential Meeting 3.30pm

#### Friday 10<sup>th</sup> July

Y6 Body Image Workshops

### LINKS

School Website:

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

### UNICEF Article 29

*Education must develop every child's personality, talents and abilities to the full. It must encourage the child's respect for human rights, as well as respect for their parents, their own and other cultures, and the environment.*



Education should help you learn for the world  
and contribute to the better of the world.

### Gospel Reflection (Matthew 11:25-30)

Good companions always want the best for us. What does the word 'companion' mean to you? Parents, carers, children and friends can be good companions for each other. As a family, talk about people who are good and helpful companions to you. Can you remember the last time that you were a good companion and helped or comforted someone? What did you do?

As a family, talk about the qualities that make a good companion (e.g. trust, kindness, honesty, loyalty, etc.). Then each say one thing that you can do to be a better companion to someone at home, at work or at school. Perhaps it is by: always trying to treat your friends as you would wish to be treated; saying kind and encouraging words to your friends; supporting and giving, rather than taking; being reliable, faithful and loyal.

### Prayer for the week

Dear Lord Jesus, you are kind and full of compassion. Thank you for offering to be our companion and sharing our concerns as we journey through life. Amen.

*"Do you want your companions to respect you? Always think well of everyone, and be ready to help others. Do this and you will be happy." St John Bosco*

### Catholic Social Teaching Pupil Awards

RC	
RM	Prisha
1B	Theresa
1&2I	Whole Class
2S	
3B	Aisha
3P	Gurasees
4A	
4W	Sankalp
5A	Macneil
5C	Aksara
6R	Nathaniel
6S	Thasvin

### Attendance w/e 3<sup>rd</sup> July 2026

Class	% (Target 95.5%) Class attendance weekly percentages since the 6 <sup>th</sup> September 2024 Gold = Highest Green = Above 96% Red = Below 96%
RC	
RM	98.1%
1&2I	96.5%
1B	98.5%
2S	96.9%
3B	95.7%
3P	96.9%
4A	92.3%
4W	90.5%
5A	**100.00%**
5C	93.6%
6R	98.3%
6S	94.1%



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...

#### 29<sup>th</sup> June 1613

London's Globe Theatre was destroyed by flames as a cannon is fired in Shakespeare's *Henry V*.

#### 1<sup>st</sup> July 1838

Darwin presented a paper to the Linnean Society, on his theory of the evolution of species and natural selection.

#### 4<sup>th</sup> July 1776

Congress accepted the Declaration of Independence (by Thomas Jefferson), formally ending British/American links.

### Upcoming Dates

#### Monday 6<sup>th</sup> July

Y6 Dress Rehearsal & Y5 pBone Performance

#### Tuesday 7<sup>th</sup> July

Y5 Palmer STEM Visit

#### Wednesday 8<sup>th</sup> July

Y6 Summer Production & EYFS Tea Party

#### Thursday 9<sup>th</sup> July

Current Y5 Parents Residential Meeting 3.30pm





#### Friday 10<sup>th</sup> July

Y6 Body Image Workshops



## House Points Totals



NEWMAN		2040
MANNING		2138
VAUGHAN		1595
WISEMAN		1492



## SCHOOL NEWS

### Saint of the Week: St Elizabeth of Portugal (1271-1336)

Rainha Santa Isabel, or Saint Elizabeth, was born into the royal family of Aragon, Spain. She was one of three daughters of King Peter III of Aragon and Queen Constance of Sicily. Elizabeth's older brothers would become successive kings of Aragon, Alfonso III and James II. Her namesake was her great-aunt, Saint Elizabeth of Hungary. As a young princess, Elizabeth enjoyed all the privileges of a royal upbringing, yet her stature did not distract her from her faith. She was deeply devout from a young age, spending hours in the castle chapel engaged in prayer. By age eight, she regularly fasted, attended Mass, and prayed the entire Divine Office daily. Unlike other girls her age, she sought virtue and glory for God rather than indulging in frivolous activities. Her humility extended to her royal status, which she saw as a platform for service rather than privilege. She consistently demonstrated a loving concern for the poor, sick, and suffering.

In 1279, Elizabeth's father arranged her marriage to the seventeen-year-old King Denis of Portugal, who was a notable poet. This strategic union was designed to strengthen the political alliance between Spain and Portugal. In 1282, twelve-year-old Elizabeth wedded King Denis, becoming Queen Elizabeth of Portugal. Despite her husband's infidelity and immoral lifestyle, Elizabeth showed remarkable grace, treating her husband with love and fulfilling her duties as queen with humility. They had two children: their daughter, Constance, in 1290, and a year later, their son, Afonso, who would succeed his father as King of Portugal.

As queen, she sustained her prayerful life, attending daily Mass, engaging in penance, and continuing to pray the entire Divine Office. Her deep love for the poor and sick remained steadfast, and she sought daily opportunities to aid them. Elizabeth would personally distribute food and money to those in need at the palace door, and despite the king's anger at her generosity, she found ways to continue her charitable work secretly. Using her royal position, she also improved others' lives by constructing monasteries, churches, and hospitals.

The royal family also included the king's other children, born to women other than the queen. Despite their complicated family dynamic, Elizabeth treated her stepchildren with love. In a clash between her husband and son, she begged for peace. She successfully reconciled the two, earning the title of "Angel of Peace."



St ELIZABETH of PORTUGAL

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

### Article 7 – birth registration, name, nationality, care

Every child has the right to be registered at birth, to have a name and nationality, and, as far as possible, to know and be cared for by their parents.

### Article 8 – Protection and Preservation of Identity

Every child has the right to an identity. Governments must respect and protect that right, and prevent the child's name, nationality or family relationships from being changed unlawfully.

Even when people's identities are different, we can always find characteristics in common. And even when we have similar identities, we will have something that makes us individual.

What makes you proud about your identity, name and nationality?

Imagine if the government decided to ignore individual identity and just give everyone a number – how would that make you feel?

## West Ham Corner

West Ham United has officially launched their first-ever New Balance home kit, marking the beginning of a new chapter and replacing long-term supplier Umbro.

The home kit features a predominantly claret base colour with a dynamic, dark tonal abstract graphic print covering the front. The kit includes contrasting sky blue sleeves, a unique micro-patterned trim on the crew-neck collar and sleeve cuffs. Most notably, Bowen was in a lot of the promo material for the launch – hopefully that indicates he might be staying!



## Recommended Read Y3



*Misha and Ziggy are no ordinary twins. They have a **secret** that no one else knows: Misha can speak to animals and Ziggy can shapeshift into them! The siblings couldn't be happier to be joining their wildlife presenter father on a trip to **Ethiopia**, and they're determined to help him bag the best footage of the **legendary Black Lion**. When the Black Lion goes **missing**, Misha and Ziggy are certain their **powers** can help track it down, but they aren't the only ones on the hunt for the extraordinary animal. Can the twins help keep the whole **jungle** safe from harm?*

If you liked this then try:  
+ 'Secret Beast Club' Series by Robin Birch

## Times Tables Rock Stars Top Ten

Most correct answers over the last 7 days:

Rank	Name	Year Group	Correct Answers
1	Mcneil	Year 5	367
2	Saint-Anthony	Year 4	232
3	Bianca	Year 4	129
4	Keziah	Year 4	100
5	Daniel	Year 4	97
6	Armaan	Year 3	80
7	Joao	Year 6	50
8	Morgane	Year 5	34
9 joint	Aarzu	Year 3	29
9 joint	Aarash	Year 5	29



## Recent Tweets – @SSPP\_Primary



SSPPCatholicPrimary  
@SSPP\_Primary



It's been DT week in Y3. Following on from our litter picking session in South Park earlier in the term, we made our own prototype litter pickers using cardboard and split pins. We had to include a mechanism so that pulling the trigger meant that the claws would open and close.

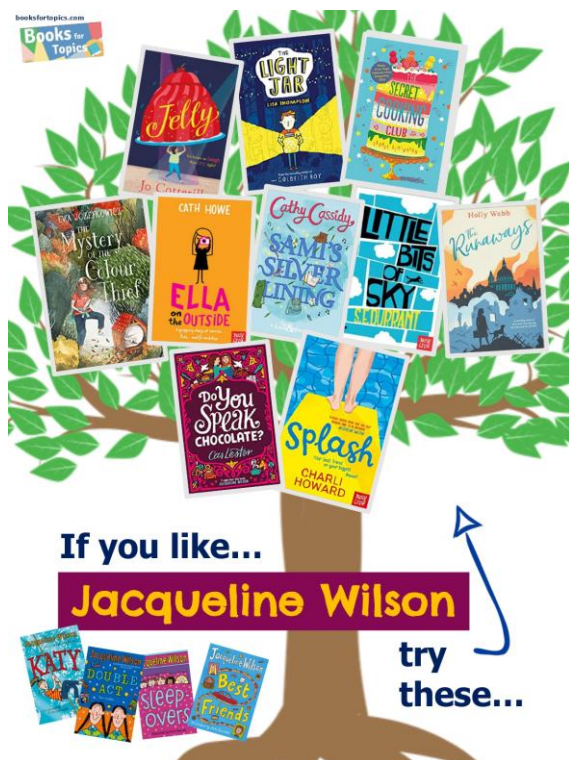


## Author Book Match



### 'Jacqueline Wilson'

- + 'Double Act'
- + 'Hetty Feather'
- + 'Lola Rose'
- + 'Sleep Over'
- + 'Tracy Beaker' Series



Waffles & Julius

True Blue

Best Books This Month

July 2026

Tales of the COBB STREET COMMANDOS

SUNSHINE

HEAD GUARDIAN UNDERWORLD

It's easy to feel lost in the flood of so many new children's books available. Each month, Books For Topics pick five recently published favourites.

Visit:

<https://www.booksfortopics.com/booklists/books-of-the-month/>

to see reviews of each month's choices.

**July**

## Upcoming Dates

**NEW ACADEMIC YEAR 2026 – 2027**

**Wednesday 2<sup>nd</sup> September: INSET Day**

**Thursday 3<sup>rd</sup> September: INSET Day**

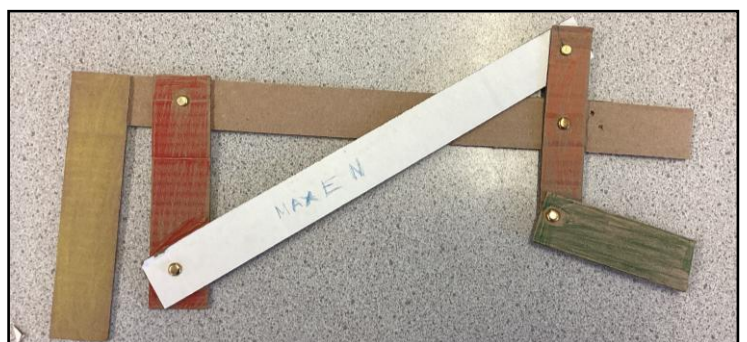
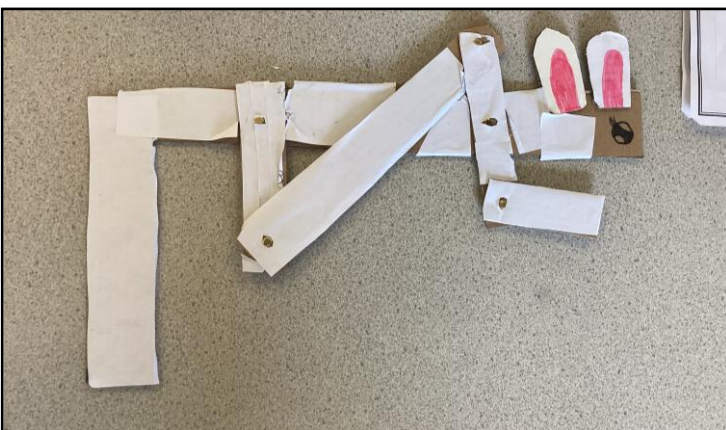
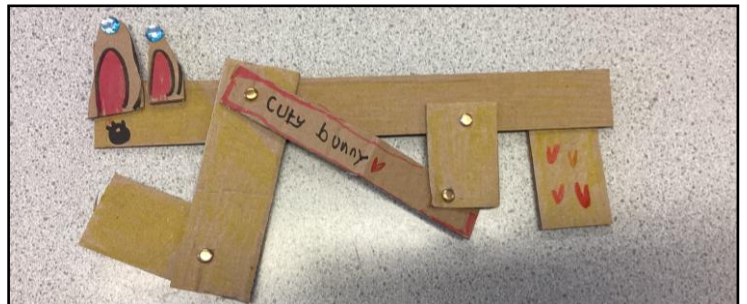
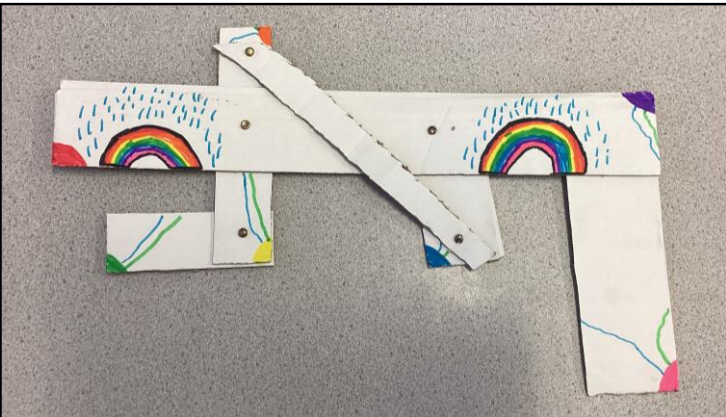
**Friday 4<sup>th</sup> September: INSET Day**

**Monday 7<sup>th</sup> September: 1<sup>st</sup> day of term for children.**



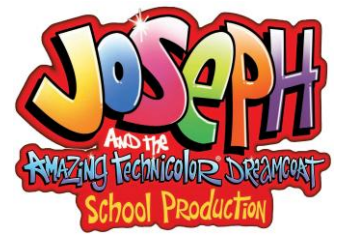
## Year 3 – DT

This week has been DT week in Year 3. Following on from our litter picking session in South Park earlier in the term, we made our own prototype litter pickers using cardboard and split pins. We had to include a mechanism so that pulling the trigger meant that the claws would open and close. Then we decorated our litter pickers to make them look appealing.



## Year 6 Production

The Year 6 summer production of 'Joseph And His Amazing Technicolour Dreamcoat' will take place on **Wednesday 8<sup>th</sup> 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 16<sup>th</sup> 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.

Redbridge Music Service

# Clubs

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






**APPLY NOW!**






[visionrcl.org.uk/music](http://visionrcl.org.uk/music)




## Beginners to Grade 3 and First Access Clubs

All activity at the **John Savage Centre, Hainault, IG6 2NB**, unless otherwise stated.

First access musicianship classes:

Music Makers: Foundation	Reception - Yr. 1	Wednesdays 16:15 - 16:55 or Thursdays at Nightingale Primary 16:30 - 17:15
Music Makers: Academy	Yr.1 - Yr.2	Wednesdays 17:00 - 17:45

Open access clubs:

Singing Club	Yr.2+ (No experience needed)	Mondays 16:30 – 17:30
Percussion Club	Yr.3+ (No experience needed)	Thursdays 17:00 – 18:00
Gamelan Club 1 & 2	Yr3+ (No experience needed)	Tuesdays 17:00 – 18:00 or 18:00 - 19:00
Steel Pan Club	Yr3+ (No experience needed)	TBC check website

Recorder clubs are open to students at the following levels with no prior experience needed:

Recorder Club Beginners 1 & 2	Yr. 2+ (No experience needed)	Thursdays 16:30 – 17:00 or 17:00 – 17:30
Recorder Club Intermediate	Yr.3+ (Play 5 notes)	Thursdays 16:30 – 17:00
Recorder Club Advanced	Yr.3+ (Play 8 notes)	Thursdays 17:00 – 18:00

NEW from September 2026: Bridge Orchestras - For beginner instrumentalists from their very first lesson:

Bridge Orchestra NORTH John Savage Centre, IG6 2NB	Yr. 2+ Beginners (any instrument)	Tuesdays 17:00 - 18:00
Bridge Orchestra WEST Nightingale Primary School, E18 1PL	Yr. 2+ Beginners (any instrument)	Thursdays 16:30 – 17:30
Bridge Orchestra SOUTH Ilford	Yr. 2+ Beginners (any instrument)	TBC check website

The clubs below are open to students who are already having lessons on an instrument they own/hire. Standards are listed below:

Mini Brass	Yr.3+ (Play 5 notes)	Saturdays 09:30 – 10:30
Brass Club	Yr.3+ (Grade 1+)	Tuesdays 17:00 – 18:00
Mini Strings	Yr.3+ (Pre-Grade 1)	Fridays 16:30 – 17:15
String Club	Yr.3+ (Grade 1+)	Tuesdays 17:00 – 18:00
Wind Club	Yr.3+ (Grade 1+)	Tuesdays 17:00 – 18:00
Guitar Club	Yr3+ (Grade 1+)	Mondays 17:30 – 18:30

For more information, please contact us at:  
E: [admin.musicservice@visionrcl.org.uk](mailto:admin.musicservice@visionrcl.org.uk) T: 020 87082828  
John Savage Centre, Hainault, IG6 2NB

## Emotionally Based School Avoidance project

EBSA (Emotionally-Based School Avoidance) is when a child struggles to attend school due to anxiety, emotional distress or overwhelm — not because they don't want to learn. It is especially common in autistic children and young people.

If this sounds familiar, our free early-intervention programme can help.

We are supporting families in **Redbridge** with autistic children and young people aged 5–18 (diagnosed or awaiting diagnosis) who are experiencing EBSA. Designed with parents and carers in mind, the programme offers practical strategies, expert guidance and a supportive space where you feel heard.



**EBSA**



[www.sycamoretrust.org.uk](http://www.sycamoretrust.org.uk)  
[zehra.grierson@sycamoretrust.org.uk](mailto:zehra.grierson@sycamoretrust.org.uk)  
020 8517 9317

## Parent/carer training SUPPORTING YOUR CHILD TO BE SCHOOL READY

### Practical Tools & School Preparation:

- How to prepare your child for change
- How to Maintain Familiarity and Positive routines
- Person Centred Review Meetings
- Benefits of the Person Centred Review approach
- One page profiles
- Using positive Reinforcement
- Collaboration with Educators
- Planning visits
- Using social stories
- Using visual supports
- Practicing new routines
- AAC tools
- How to prepare for setbacks

Places are **free of charge**, but must be booked in advance.



**Venue:**  
Scargill Community Hub  
Scargill Infant School  
Mungo Park Road,  
Rainham, RM13 7PL

**Tuesday**  
7<sup>th</sup> July  
10am-1pm

**Parent/carer training**



[www.sycamoretrust.org.uk](http://www.sycamoretrust.org.uk)  
[enquiries@sycamoretrust.org.uk](mailto:enquiries@sycamoretrust.org.uk)  
020 8517 9317

To support Sycamore Trust UK, scan the QR code



## HAINAULT YOUTH CENTRE FUTURE FOCUS & FUN

Are your exams over?  
16 to 18 years old?

Do you need help & support with your future plans & life skills?

- CV writing
- Interview skills
- First aid certificate
- Food & Hygiene
- Cooking Session
- Team work
- Leadership
- Life skills
- day trip

Do you want to gain employability & life skills certificates?  
Sign up to take part in the 3 weeks sessions  
**Tuesday 30 June to Thursday 16 July 2026**

If you are interested please email [youthservice@redbridge.gov.uk](mailto:youthservice@redbridge.gov.uk) we have limited space available

New members must register using Redbridge Youth Service Registration online prior to booking.  
<https://www.redbridge.gov.uk/young-people/get-involved-see-whats-on-for-you>



**How to register**  
<https://eequ.org/book/future-focus-fun-2026-with-redbridge-youth-service-8909>



Hainault Youth Centre  
116 Huntsman Road, Hainault, IG6 3SY  
[youthservice@redbridge.gov.uk](mailto:youthservice@redbridge.gov.uk)  
0208 500 8071 / 07908 809765



## HAINAULT YOUTH CENTRE FUTURE FOCUS & FUN

### Week 1

Wednesday 1 July  
10.30am - 1pm **Food & Hygiene level 2**  
12pm - 3pm **Cooking & Centre activities**  
2pm to 4pm **Food & Hygiene level 2**

Thursday 2 July  
9.30am - 4.30pm **Emergency First Aid**

### Week 3

Tuesday 14 July  
10.30am - 12.30pm **CV writing & Interview prep**  
1pm - 2.30pm **Motivational & Inspiring talk**  
12pm - 3pm **Cooking & Centre activities**

Wednesday 15 July  
10.30am - 12.30pm **Introduction to volunteering**  
12pm - 3pm **Cooking & Centre activities**

Thursday 16 July  
9am - 6pm **Day Trip** Limited space  
Lambourne End Outdoor Activity Centre

### Week 2

Tuesday 7 July  
10.30am - 12.30pm **CV writing & Interview prep**  
12pm - 3pm **Cooking & Centre activities**  
2pm - 3pm **Basic - first aid**

Wednesday 8 July  
10.30am - 1pm **Healthy & budget friendly cooking**  
12.30pm - 3pm **Cooking & Centre activities**  
2pm - 3pm **Better with my money**

Thursday 9 July  
9.30am - 4.30pm **Emergency First Aid**

New members must register using Redbridge Youth Service Registration online prior to booking.  
<https://www.redbridge.gov.uk/young-people/get-involved-see-whats-on-for-you>

**How to register**  
<https://eequ.org/book/future-focus-fun-2026-with-redbridge-youth-service-8909>



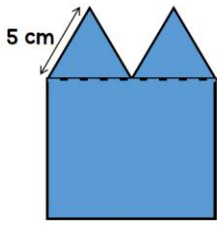
Activities & programme may change due to unforeseen circumstances



Hainault Youth Centre  
116 Huntsman Road, Hainault, IG6 3SY  
[youthservice@redbridge.gov.uk](mailto:youthservice@redbridge.gov.uk)  
0208 500 8071 / 07908 809765

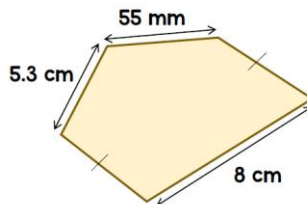


**1** A shape is made up of two equilateral triangles and a square.



What is the perimeter of the shape?

**2** The perimeter of the pentagon is 25 cm.

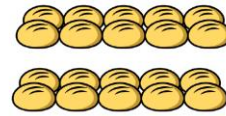


Find the missing lengths.



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

**1** Sam has these bread rolls to sell.



He sells 14 of the bread rolls.

How many does he have left?  
Sam has 6 bread rolls left.

**2** Emma has 3 tins of paint.



Each tin contains 5 litres of paint.

Emma uses 7 litres of paint.

How many litres of paint does Emma have left?  
Emma has 8 litres of paint left.



## 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/>

Screens are now part of daily life, but for very young children, simple and predictable boundaries can make a big difference. This guide explores how adults can help under-fives build healthier digital habits by choosing content carefully, keeping devices in shared spaces, protecting bedtime routines and making screen time feel calm rather than constant.

It also highlights the importance of adult involvement, from co-viewing and chatting about what children see to modelling balanced device use ourselves. With practical scripts, transition tips and age-appropriate routines, the guide offers supportive advice for families, nurseries and early years settings looking to manage screen time 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).

## 10 Top Tips for Parents and Educators

# MANAGING DIGITAL BOUNDARIES FOR CHILDREN UNDER FIVE

Screens are part of everyday life, but they should not take over early childhood routines. For under-fives, healthy digital habits are built through simple, steady boundaries that protect sleep, play, connection, and development. Current UK guidance advises avoiding screen time for children under two – except for shared activities such as video calls – while children aged two to five should ideally have no more than one hour a day.

### 1 ASK A GROWN-UP FIRST

For under-fives, autonomy is important, but not when it comes to choosing digital content. Establish an 'ask a grown-up first' rule early, whether at home or in an early years setting. Adults should choose the video, app, or game, therefore helping children avoid unsuitable content and understand that devices are tools to be guided, not toys to control.

### 2 PROTECT SLEEP BUFFERS

Screens can make it harder for young children to wind down, especially when content is bright, noisy, or fast paced. Aim for a screen-free hour before sleep or start with 30 minutes if that feels more realistic. Use this time for calming routines such as stories, bath time, quiet play, or cuddles, helping children recognise that bedtime is approaching.

### 3 CO-VIEW AND CHAT

Screen time is safer and more meaningful when adults are involved. Sit with children, even briefly, and talk about what they're watching. Ask simple questions like, "What can you see?" or "How does that character feel?" This turns passive viewing into shared interaction, supports language development, and helps adults spot adverts, unsuitable content, or confusing messages.

### 4 KEEP DEVICES HIDDEN

Young children are more likely to ask for screens when they can see or reach them. Keep devices out of sight when they're not being used, and consider casting content to a shared screen instead of handing over a phone or tablet to a child. This reduces private scrolling, supports shared viewing, and helps adults stay in control of what appears next.

### 5 PLAN THE TRANSITION

The hardest part of screen time is often stopping. Before the screen goes off, tell the child what's coming next and offer two acceptable choices, such as blocks or drawing. This gives them a sense of agency without removing the boundary. A planned next activity prevents a sudden gap, which can quickly become frustration or distress.

### 6 LEAD BY EXAMPLE

Children notice adult habits long before they understand adult explanations. If they're expected to put their screens away, they need to see adults doing the same thing during meals, play, and conversations. Create a shared 'phone home', such as a basket or shelf, to show that technology has a place in daily life but does not need constant attention.

### 7 MAKE SCREENS PREDICTABLE

Young children do not always understand minutes, but they quickly learn patterns. When screen time happens at a regular point in the day, it becomes a routine rather than a negotiation. Use the same start and finish signals each time, such as a timer, goodbye wave, or tidy-away moment, so children know what to expect next.

### 8 CREATE SCREEN ZONES

Physical boundaries help children understand digital boundaries. Keep screens out of bedrooms to protect their sleep and away from tables to preserve mealtime connections. Choose one agreed 'yes space', such as a shared living room area or supervised classroom corner. This makes limits feel less personal and more like a clear family or setting routine.

### 9 USE SIMPLE SCRIPTS

Transitions are easier when children hear the same calm language each time. Use short, repeatable phrases such as, "First tidy, then tablet," or "When the timer beeps, we stop." Avoid long explanations during emotional moments. Simple scripts reduce negotiation, help adults stay consistent, and give children clear expectations they can gradually understand and follow.

### 10 PRIORITISE SLOW CONTENT

Not all screen time feels the same to a young child's brain. Fast-paced clips, loud sounds, and rapid scene changes can make it harder for some children to settle down after words. Choose slower content with simple stories, gentle voices, and natural pauses. Think of digital content like food, with more calm, nourishing choices than fast-paced, digital 'sugar rushes'.

### Meet Our Expert

Neha Agarwal is the founder of Cyber Ved Kids, an innovative educational initiative that transforms complex cybersecurity concepts into engaging, age-appropriate adventures for children aged 3-10. With her unique background leading cybersecurity services for corporates and serving as an expert panel adviser on Internet Matters, Neha brings corporate-grade cybersecurity expertise to the early years world.



See full reference list on our website



@wake\_up\_weds

/www.thenationalcollege

@wake.up.wednesday

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The National College

#WakeUpWednesday

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

## **ANXIETY IN SEND CHILDREN AND YOUNG PEOPLE WITH CAMHS CLINICAL PSYCHOLOGIST**

**DATE: WEDNESDAY 1ST JULY 2026**

**TIME: 10AM - 12PM**

**VENUE: THE GROVE, GROVE ROAD, CHADWELL HEATH, RM6 4XH**

### GUEST SPEAKER:

**Dr Ben Dholakia-Wellens** - Consultant Clinical Psychologist, Redbridge CAMHS lead for psychological therapies, and Kate Bowles, Trainee Clinical Psychologist, will deliver a presentation on Anxiety in Children and Young People with Special Educational Needs (Part 1) – what you need to know and what parents can do to help. This will involve a presentation followed by the opportunity for parent carers to ask some questions. Part 2 will be building on feedback from this session.

**MUST BOOK IN ADVANCE** via Eventbrite:  
<https://EPTGrove010726.eventbrite.co.uk>



LIGHT REFRESHMENTS PROVIDED.

PLEASE NOTE: EPT DO NOT ENDORSE ANY SPEAKERS OR SERVICES INVITED.

### 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](http://www.empoweringparentstogether.org.uk)  
[info@empoweringparentstogether.org.uk](mailto: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)

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/visionrdactivestars](http://vrcl.uk/visionrdactivestars)  
[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!



London Borough of Redbridge

child friendly Redbridge

# LOXFORD YOUTH CENTRE

FREE YOUTH SESSIONS FOR 11-18 YEAR OLDS



BASKETBALL



FOOTBALL



ARTS & PAINTING



COOKING



TABLE TENNIS



BADMINTON



MUSIC ACTIVITIES



& MANY MORE!

LOXFORD YOUTH CENTRE  
Loxford Lane, IG1 2UT

FOR FURTHER INFORMATION

Please scan the QR code or contact Claudia

07586 713864



TO FIND OUT MORE ABOUT OUR ACTIVITIES AND HOLIDAY PROGRAMMES

# LOXFORD YOUTH CENTRE



## SUMMER PROGRAMME DATES

WEEK 1

- Tuesday 21st July
- Wednesday 22nd July
- Thursday 23rd July

WEEK 2

- Tuesday 28th July
- Wednesday 29th July

WEEK 3

- Tuesday 4th August
- Wednesday 5th August
- Thursday 6th August (Trip)

WEEK 4

- Tuesday 11th August
- Wednesday 12th August
- Thursday 13th August



SESSIONS RUN FROM 11AM - 3PM  
A FUN, SAFE & FRIENDLY SPACE FOR ALL!



LOCATION  
Loxford Youth Centre  
Loxford Lane  
IG1 2UT

ACTIVITIES, FRIENDS & MEMORIES ALL SUMMER LONG!

# Redbridge Emotional Welling Mental Health Services



## Anna Freud Centre Resources

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



## Child Psychotherapy

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



## Redbridge EWMHS/CAMHS

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



## YoungMinds

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



## Gov.Uk

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

# Google Classrooms – Help Sheet



## 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.

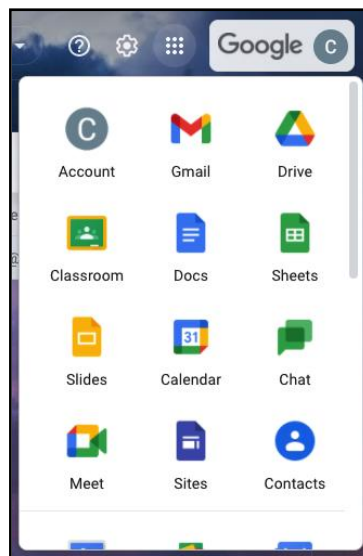
## How do you log into a Google Classroom?

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.