



SSPP School News

20th March 2026 Issue 25



**A REJOICING
HEART SOON
MAKES A
PRAISING TONGUE**



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 part of our ongoing work to monitor attendance closely, I have been reviewing our recent school data and wanted to share something important with you. This week, I noted that 122 pupils have been absent either just before or immediately after a school holiday this term. Of course, we understand that there are sometimes genuine and unavoidable reasons for absence; however, a significant proportion of these absences were due to holidays taken during term time.

Even a small number of missed days can have a noticeable impact on a child's learning, confidence and sense of belonging in the classroom. Learning builds step by step, and when children are not in school, they can miss key teaching, important experiences and valuable time with their peers. It can also be unsettling for them to return and try to catch up. With this in mind, I would like to remind families that requests for holidays during term time cannot be authorised and will only be considered in truly exceptional circumstances. Your support in ensuring your child attends school every day, whenever possible, makes a real difference to their progress and wellbeing. I look forward to reviewing this data towards the end of the year and seeing a noticeable improvement.

It's been another calm and purposeful week in school, with lots of lovely moments of learning and reflection as we continue our journey through Lent together.

Our Early Years children had a fantastic start to the week when they welcomed the Little City Company on Monday. The excitement was clear to see as they explored different roles within our community and began to think about who they might like to be when they grow up. It's never too early to dream! What stood out most was the quality of their play—working together, talking, imagining and creating. There really is something quite special about seeing children so immersed in their learning.

On Wednesday, we were treated to a visit from the Redbridge Music Service, who performed a string quartet for the children. It was a wonderful opportunity for them to listen, enjoy and ask questions about the instruments. Experiences like this really do highlight the value of music in education and the way it can inspire and engage our pupils.

Many of the children will have mentioned that Mrs Thomas visited us on Thursday. Although she came to speak with Year 3 about her role in the Church, she made time to visit classrooms and the playground too, which the children thoroughly enjoyed. It was lovely to hear about her studies as she nears the end of her course. Moments like this remind us all—children and adults alike—that learning is a lifelong journey.

This morning's assembly, led by Mrs Skeete, felt particularly special as many of our families and staff are celebrating Eid today. Ms Hull informed me that the children spoke so thoughtfully about Ramadan and Eid, making links to our own Lenten journey. They reflected on how these special times encourage us to be kind, generous and mindful of others. Thank you to Mrs Skeete and the staff for guiding such a meaningful celebration, and a special thank you to those families who ensured their children could be in school to share in this moment, even amidst your celebrations.

We send our warmest wishes to all our Muslim families and friends celebrating today. Eid is a joyful time of reflection, gratitude and togetherness, marking the end of Ramadan—a month of fasting, prayer and charity. We hope your day is filled with peace, happiness and many blessings. Eid Mubarak!

Wishing you all a restful and blessed weekend.

Ms. T M Osei
Headteacher

Headteacher

Ms Osei

Deputy Headteacher

Mrs Hull

Assistant Headteacher

Mr Roca-Mas

DATES FOR YOUR DIARY

Monday 23rd March

Y4 Pedestrian Training

Tuesday 24th March

Y3 Colchester Castle

Wednesday 25th March

Y5 – Leading Stations of the Cross

Wednesday 25th March

Big Lenten Walk (after school)

Thursday 26th March

End-of-term Mass @ SSPP Church
11:00am

Friday 27th March

Last Day of Term (1.30pm finish)

LINKS

School Website:

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

UNICEF Article 17

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



You can get information in lots of ways – so long as it's safe
U.N. Convention on the Rights of the Child Article 17

Gospel Reflection (John 11:1-45)

What does the word 'compassion' mean? Who is the most compassionate person you know, who really listens when you have a problem? Can you remember a time when someone showed you care and compassion – what did they do? To be compassionate is to share someone's suffering – to feel sorrow for their situation and to do something about it.

Jesus knew that Martha and Mary were sad and he did what he could to help them. People saw this and started to believe in Jesus. Today we can show people how good Jesus is and help others to believe in him by the way we live. Ask your child if they can remember when they last felt sorry for someone and helped them. As a family, ask yourselves, "Is there anyone who needs our compassion and our help at this time? What could we do?"

Prayer for the week

Dear Lord Jesus, thank you for the gift of everlasting life. Please help us to be more compassionate as we journey through Lent together. Amen

"Blessed are the compassionate." St Chromatius (of Aquileia)



Catholic Social Teaching Pupil Awards

RC	Shreeya
RM	Mary
1B	Ethan
1&2I	Aaron
2S	Marco
3B	Elizah
3P	Jaskirat
4A	Emilia
4W	
5A	Amrit
5C	Anujin
6R	Zahra
6S	Diego

Attendance w/e 20th March 2026

Class	% (Target 95.5%) Class attendance weekly percentages since the 6 th September 2024
RC	84.5%
RM	88.8%
1&2I	90.0%
1B	97.1%
2S	95.2%
3B	88.3%
3P	88.9%
4A	92.4%
4W	94.1%
5A	96.8%
5C	92.0%
6R	97.1%
6S	93.6%



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...

16th March 1872

The Wanderers beat the Royal Engineers 1–0 in the first English FA Cup Final.

18th March 978

Edward, King of England is murdered at Corfe Castle. The murder is thought to have been ordered by his stepmother Aelfryth, mother of Ethelred the Unready.

20th March 1653

Oliver Cromwell, Lord Protector of England, dissolves the Long Parliament.

Upcoming Dates

Monday 23rd March

Y4 Pedestrian Training

Tuesday 24th March

Y3 Colchester Castle

Wednesday 25th March

Y5 – Leading Stations of the Cross
Big Lenten Walk (after school)

Thursday 26th March

End-of-term Mass @SSPP Church 11:00am

Friday 27th March

Last Day of Term (1.30pm finish)



House Points Totals



NEWMAN		1043
MANNING		1335
VAUGHAN		1285
WISEMAN		1084



SCHOOL NEWS

Saint of the Week: Saint Patrick (c. 387–c. 460 or 493)

Patrick was born in Roman-ruled Britain to loving parents, perhaps as an only child. His father was a senator and a deacon, and his grandfather was a married priest. Despite his Christian upbringing and the clerical influences of his father and grandfather, Patrick struggled with his faith, stating later that when he was young he “did not know the true God.” This testimony, and the quotes to follow, come from his own hand, preserved in his *Confessio*, his short autobiographical confession about the workings of God’s grace in his life and ministry. At the age of sixteen, Patrick’s life took a dramatic turn for the worse; at least, that’s how it first appeared. Gaelic slave traders from Ireland arrived by ship and raided Patrick’s village. Though young women and children were often their preferred targets, a young, healthy boy could also profit them. Patrick was captured and “was taken into captivity in Ireland with many thousands of people.

While in captivity, Patrick was made a swineherd for one of the clans and spent much of his time in the forests, enduring the snow, ice, and rain. But his time alone, experiencing the suffering and loneliness of captivity, greatly benefited his soul. At first, Patrick didn’t know God. Then, he began to think about God. Then he began to speak to God. Within six years, he was praying a hundred prayers every day and a hundred prayers every night. As a result, Patrick testified that “the Spirit was burning in me at that time.” After receiving chastisements from God for his lack of faith, Patrick’s heart was changed and filled with gratitude for all that God had done in his soul. He realized that his only “way to repay Him is to exalt Him and confess His wonders before every nation under heaven.”

Saint Patrick’s influence on Ireland was so profound that many later biographers have attributed numerous legends to him. Though most of these legends cannot be verified, the stories highlight the remarkable spiritual transformation of a hostile pagan nation by the faith and courage of one man. God humbled Patrick, changed his heart, set him on fire, and then used that fire to purify many thousands of people. In the centuries that followed, those converts went forth to the ends of the earth, bringing the same Gospel to others that Patrick first preached to them. <https://mycatholic.life/saints/saints-of-the-liturgical-year/march-17-saint-patrick-bishop/>



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

Calling All Parents – Share Your Hidden Cultural Talents!

Do you have a special talent related to your culture? We would love for you to share it with our school community!

As part of our **Culture Day celebrations**, we are looking for parents who can:

- Play a **traditional instrument**
- Perform a **cultural dance**
- Share **stories, songs, or customs** from your culture
- Demonstrate **traditional arts or crafts**

If you have a hidden talent you’d like to showcase, we would love to hear from you! Your participation will help our pupils learn, celebrate diversity, and experience the richness of cultures from around the world.

If you are interested in taking part please leave your contact details at the office alongside any details of your talent.

Let’s make **Culture Day** unforgettable together!



West Ham Corner



I don't want to dream, I really don't, but when you are in desperate need for points and can hold Manchester City to a 1 – 1 draw, it's hard not to!

At the end of the weekend, the outcome could have been even better had Liverpool not returned to their awful form and allowed Tottenham to steal a last minute draw, but as things stand, our own point keeps it so very tight down at the bottom.

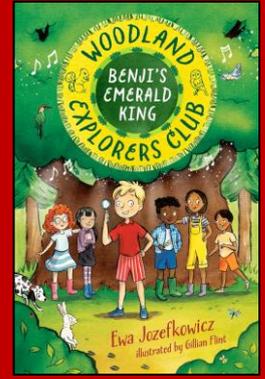
In the game against City, possession was understandably conceded, but somehow Mavropanos turned into prime Bobby Moore and put on a defensive masterclass and also managed to score our equaliser.

One more league game against Villa at the weekend before the FA Cup Quarter Final against Leeds on the 5th April. It is the serious part of the season now where futures will be decided. Hopefully we can continue to do our own bit and see a few more stumbles from those around us (cough – especially Tottenham) and then you never know, the dream could be a reality.

Latest Result: West Ham United 1 – 1 Manchester City

League Position: 18th

Recommended Read Y3



In Willow Wish Woods stands the ancient Emerald King. It is the tallest tree in the forest and there's something special about it. Something magic...

Benji, Shyla, Ajay, Trix, Fujiko and Eric discover its branches are damaged. Who could have hurt the tree, and why? The stream, the Tadpole Run, is full of rubbish, and there's not a frog in sight. The friends decide to form the Woodland Explorers Club. Their mission is to solve the mystery of the Emerald King, protect the animals of Willow Wish Woods and bring the magic of the forest back to life.

If you liked this then try:
+ 'The Wolf Twins' by Ewa Jozefkiewicz

Top Ten

Most correct answers over the last 7 days:

Rank	Name	Year Group	Correct Answers
1	Jorawar	Year 4	5432
2	Saint-Anthony	Year 4	4336
3	Ezra	Year 4	3875
4	Harry	Year 4	3400
5	Sankalp	Year 4	1353
6	Izabela	Year 4	813
7	Vera	Year 3	652
8	Aniston	Year 4	578
9	Daniel	Year 4	515
10	Aryan	Year 4	509



Recent Tweets – @SSPP_Primary



Year 6 have been investigating thematic maps today. As well as answering key questions about what data was being shown, they were asked to feedback their findings to a larger group, helping them to practise their oracy skills too. #SSPP #Geography #Year6



An afternoon treat today to have players from @RMusicService string quartet playing for us. Music is such an important part of the SSPP community and it is so lovely to hear it live. #SSPP



#BOOKMATCH

Books for fans of Diana Wynne Jones

IF YOU LIKE DIANA WYNNE JONES, READ THESE

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

Author Book Match

Diana Wynne Jones

- + 'House of Many Ways'
- + 'Castle In The Air'
- + 'Howl's Moving Castle'
- + 'Mixed Magics'
- + 'Charmed Life'

Year 6 Residential

For those who could not attend the final meeting on Wednesday, a PDF of the PowerPoint which was shared has now been uploaded to each child's Google Classroom. This gives details of the drop off and collection times from school on Friday 15th May and Monday 18th May. You may still be contacted by your child's class teacher if you were not present, as some medical forms had missing details or ambiguous responses. These will need addressing asap.



End of Term

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



Library Opening – The Learning Resource Centre

We are opening our LRC **each Thursday** after school to allow children with their parents the chance to use it like a library. It will be open from **3:30pm** as the children are dismissed, **until 4:00pm**. This opening time will allow parents and children the chance to access the Library, read with/to your child and possibly take out a book on 'loan'.



Thursday:	26.2.26	5.3.26 World Book Day	12.3.26	19.3.26	26.3.26
Year Groups:	Y2/Y3	Y4/Y5/Y6	Rec/Y1	Y2/Y3	Y4/Y5/Y6

EYFS Exploration Morning

Last week, in Reception, we held our **Family Exploration Morning**. These sessions invite parents into school to share how we support children's learning across the **EYFS curriculum**. We believe this is a wonderful opportunity to strengthen the partnership between home and school so that, together, we can continue developing children's understanding and help them achieve their very best. This particular session focused on **Mathematics**, where we explored the numbers **9 and 10** and how these numbers can be composed and represented. Parents were introduced to the approaches we use in school, including the **White Rose Maths** and **Maths Mastery** schemes, which support children in developing a deep understanding of number.

Here is some of the feedback we received from parents:

- "This workshop was really helpful to understand how children learn maths."
- "It was good to have visuals to help with maths."
- "It was a very informative session and very interactive."
- "I am impressed with how D has developed in his learning – being able to add, count, subtract and confidently write his numbers. Well done to his teachers."



Music Recital

There was a fantastic music recital by the string quartet from Redbridge Music Services on Wednesday. Children were treated to pieces from different parts of the world,

alongside some more contemporary (and recognisable) pieces from famous films.

They were educated about the instruments being played, and given the chance to ask questions.



Year 6 – Geography

As the whole school works through their Geography Golden Thread of ‘mapping’, Year 6 are building on their introduction to thematic maps as studied in Year 5. This week, they were analysing different styles of thematic map, focussing on the information it provides. The range explored included Choropleth maps, Dot Density Maps and Flow Maps.



Year 3 – DT

Last week was DT week in Year 3 and we focused on the textiles element of the curriculum. Our brief was to design and make a Roman coin purse. We chose our intended audience (who the purse was for) and then designed a purse suitable for them. We had to make some important decisions such as would we use a running stitch or a backstitch to sew the purse together. We also had to choose between a button or drawstring fastening. Using key skills such as threading needles and knotting the thread proved a little tricky, but our resilience paid off and we are proud of our results.



EYFS welcomes Little City to SSPP!

This week, children in reception and nursery enjoyed a unique and engaging workshop as our school hall was magically transformed into a little city for the day! The interactive workshop was organised to support the children's learning as part of the topic "People who help us" and careers in the community.

The interactive workshop featured ten outstanding role play areas, with each designed to represent a different job or service in our community. These areas included a vets, doctors, supermarket, café, hair salon, construction site, launderette, post office, police and fire station! By exploring these roles, children gained early insights into careers and community contributions.

The children engaged with their peers in imaginative play which supported the development of language and social skills. Using a variety of resources and props, this enhanced the experience even further. Through this role play activity, they were able to explore different types of jobs and early career work. The event was thoroughly enjoyed by all involved.



LITTLE CITY
West Essex

Role play adventure for kids

Does your toddler or pre-schooler just love to role play? Do they pretend play being a fire fighter, police officer or hairdresser? If so, come and try out our purpose-designed little city where they can be a shopkeeper, run their own café and be a superhero all in one hour!

WWW.LITTLECITYUK.COM

Little City gives your children the opportunity to explore and play being a 'grown up' - an experience they'll want to try again and again.

All our events are PAYG so no termly fees: come and join us for a hot tea or coffee whilst your child plays and learns.

Looking for a unique birthday idea? Book us for your next party!

Little City West Essex
07946 482607
littlecitwestessex@littlecituk.com
@littlecitwestessex

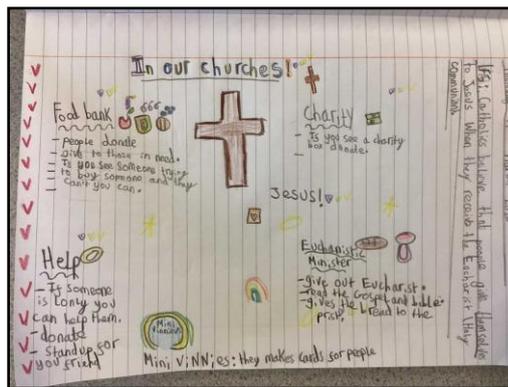
Do you work in a school or nursery? Ask us about private hire for your setting - we come to you and can provide an enriching morning of learning through play

Over 500 5 Star Reviews

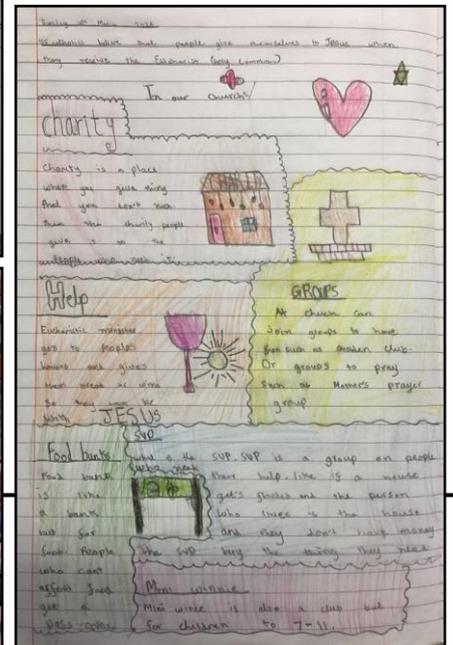
TRUSTIST

Year 3 – RE

In our Year 3 RE lesson today, we had some visitors from local parishes. They talked to us about different ways in which the church helps people. We then used this information to create posters to celebrate this.



Desert to Garden



SSPP Parents' Evening Homework Questionnaire

Thank you for taking the time to complete this questionnaire.

Your feedback is very important to us and helps us to strengthen the partnership between home and school. We would like to hear your views about your child's homework.

All responses are confidential and will be used to help us continue provision for children and families at SS Peter and Paul Catholic Primary School. Please access the questionnaire via the link below.

Please remember to press **Submit** after you have completed the questionnaire.



MHST Coffee Morning

A poster is also attached later in the newsletter.

STRONG FOUNDATIONS IN THE PRIMARY YEARS:
PROMOTING POSITIVE BEHAVIOUR

Thursday 26th March at 9AM

Join us for a coffee morning on understanding and promoting positive behaviour, as we explore different helpful strategies that you can implement at home to support your child.

Free Easter holiday activities and meals for children!

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

📍 Location: SS Peters & St. Pauls School

📅 Date: April 7 -10

🕒 Time: 10AM – 2PM

👤 Ages: 5–11

**EASTER HAF
HOLIDAY ACTIVITIES**

INCLUDES

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

PROGRAMME DETAILS

- SS Peters & St. Pauls School
Gordon Road
Ilford IG1 1SA
- For 5 – 11 years old
- April 7th – 10th
- 10AM – 2PM
- Free for eligible children

Limited spaces
REGISTER NOW

SCAN HERE

07565 548 672
www.empoweryouth.uk

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

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

Run by Empower Youth and hosted at the school.

- Questions?

✉ enquiries@empoweryouth.uk

☎ 07565 548 672

📱 Instagram: @empoweryouthuk

Big Walk & Wheel



Dear Parents/Carers,

We have some exciting news for you! We are taking part in Big Walk and Wheel, the UK's largest inter-school cycling, walking, wheeling and scooting challenge. The challenge runs from 16 – 27 March 2026. It's free to take part and we would love everyone to be involved.

What do you need to do?

Encourage your child(ren) to walk, use a wheelchair, scoot or cycle to school on as many days as possible during the event.

Why we are taking part:

Big Walk and Wheel is a great way to build physical activity in children's daily routine which is important for their physical health and mental wellbeing.

Active school runs also help to reduce congestion and air pollution outside the school gate. [A 2021 YouGov study](#) showed nearly half of UK children worry about air pollution near their school. And that children thought active travel was the best way to bring down these pollution levels.

Plus, there are some great prizes to be won every day if we get enough children taking part!

Useful resources:

To help you prepare, Walk Wheel Cycle Trust has developed a handy [Parent/ Caregiver](#) page on the challenge website. It is packed with advice to help you have a hassle-free journey to school.

For more information about the event go to www.bigwalkandwheel.org.uk.

Enjoy the challenge!

CAFOD's Big Lent Walk!



A better world needs all of us

Dear Parents/Carers,

This Lent SSPP is supporting CAFOD and joining other schools around the country to help fight poverty around the world.

To raise money, we're going to complete a whole-school walk around the school field at 3:20pm on Wednesday 25th March. Use the following link to donate:

[SSPP - Big Lent Walk - JustGiving](#)

How our fundraising will help

CAFOD is the Catholic Agency for Overseas Development, working together with communities all over the world for an end to extreme poverty and global injustice.

Our fundraising will help people like Bayezid and his community in Bangladesh to create floating gardens that are immune to the effects of flooding caused by climate change. You can find out more by watching CAFOD's film on their website: cafod.org.uk/blwschools

We have chosen to support CAFOD as a way for our pupils to put their faith into action. By raising money together, we will be supporting our brothers and sisters around the world and living out our school mission.

Join as a family!

You can join the Big Lent Walk too! Why not visit [JustGiving to sign up](#) and take on the challenge as a family?

We really appreciate your support and hope that everyone has fun helping us raise money for CAFOD.

STAMPING OUT POVERTY ON



Scan this QR to support the challenge



For more information about CAFOD please visit cafod.org.uk/families

CAFOD A better world needs all of us

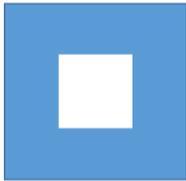
CAFOD is the official aid agency of the Catholic Church in England and Wales and part of Caritas International. Registered charity no. 160384 and company no. 0397759



Mrs Bond's Weekly Maths Problems – KS2

Yasmin has a large blue square piece of paper.

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



The area of the blue region is 65 cm².
What is the length of the large blue square?

2 Work out the value of each symbol.

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

$$\triangle + \diamond = 67$$

$$\star - \diamond = 18$$

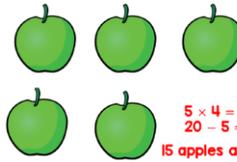


The answer to the KS1 problem seen in our last Newsletter:

1 In a box

- $\frac{1}{4}$ of the apples are green.
- The rest are red.
- There are 5 green apples.

How many apples are red?

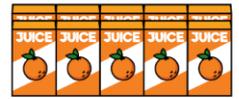


$$5 \times 4 = 20$$

$$20 - 5 = 15$$

15 apples are red.

2 Amir has 10 cartons of juice.



Each carton holds 2 litres of juice.

How much juice is in 7 cartons?

$$7 \times 2 = 14$$

7 cartons hold 14 litres of juice.



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/>

This edition of WakeUpWednesday explores essential electrical safety habits for homes and schools. This week's guide highlights simple steps that can prevent overheating, fires and other hazards linked to everyday electrical devices. It offers clear, reassuring advice to help adults spot risks early and model safer routines.

It explores common risk areas, including unsafe charging habits and overloading sockets, and explains how to identify early warning signs such as damaged cables or poorly ventilated devices. The guide also touches on protective measures like RCDs and safe power bank use, supporting families and educators in creating safer environments for young people.

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.

10 Top Tips for Parents and Educators

ELECTRICAL SAFETY AND DEVICES

Electrical safety is a vital topic for parents and educators, especially with the growing use of devices like smartphones, laptops, and power banks. Electrical fires are a major risk and are the cause of many deaths and injuries each year. There are reportedly nearly 20,000 accidental fires of electrical origin each year in the UK. This guide offers practical advice to help families and schools prevent electrical hazards, and promote safety when using everyday devices.

1 CHECK FOR OVERHEATING

Devices such as laptops, tablets, and smartphones can overheat if used for long periods or when charging. Ensure that children don't use devices on soft surfaces like beds or sofas, which can block ventilation. If a device becomes unusually hot, turn it off and unplug it. Overheating can lead to fire hazards if left unchecked.

2 INSTALL RESIDUAL CURRENT DEVICES

Ensure that homes and schools are equipped with Residual Current Devices (RCDs). These devices cut off the power if an electrical fault occurs, preventing electric shocks and reducing the risk of fires. RCDs should be tested regularly to ensure they are working properly. More information about RCDs is available from Electrical Safety First.

3 AVOID OVERLOADING SOCKETS

Plugging too many devices into one socket can overload the electrical system and cause a fire. In schools and homes, ensure extension leads are not overloaded and never 'daisy chain' multiple extension cords together. Educate children on the dangers of connecting too many devices to a single outlet.

4 POWER BANKS: SAFE USE

Power banks are a handy way to charge devices, but they can also pose a risk if misused. Ensure power banks are of high quality and comply with UK safety standards. Teach children never to leave power banks charging unattended, and to avoid placing them under pillows or bedding where they may overheat.

5 REGULAR DEVICE INSPECTIONS

Regularly check devices for signs of wear and tear. Frayed charging cables, cracked device casings, or devices that are slow to charge may indicate electrical problems. If any issues are noticed, stop using the device until it can be repaired or replaced by a qualified technician. This proactive approach helps prevent fires caused by faulty devices.

6 UNPLUG DEVICES WHEN NOT IN USE

Encourage children and pupils to unplug devices when not in use, particularly overnight. Devices left plugged in unnecessarily can overheat or become fire hazards, especially if left charging unattended for long periods. Simple habits like unplugging can prevent serious incidents.

7 USE GENUINE CHARGERS

Always use chargers supplied by the manufacturer or from a reputable retailer. Faulty or counterfeit chargers can cause devices to overheat, short-circuit, or even catch fire. Teach children the importance of avoiding poor-quality chargers, and regularly inspect charging cables for signs of wear or damage. More tips on safe charging can be found at Electrical Safety First.

8 WATER & ELECTRICITY DON'T MIX

Teach children that water and electricity are a dangerous combination. Devices should never be used near sinks, bathtubs, or swimming pools. Parents and educators should ensure that any electrical appliances near water sources have proper waterproof casings and are plugged into RCD-protected outlets.

9 KEEP DEVICES VENTILATED

Devices need proper ventilation to avoid overheating. Avoid stacking items on top of plugged-in devices like laptops or gaming consoles, and make sure there is enough space around devices to allow for airflow. Proper ventilation helps prevent dangerous heat build-up, reducing the risk of fires.

10 SUPERVISE YOUNG CHILDREN

Younger children may not understand the dangers of electricity, so it's important to supervise them when they are using devices. Keep electrical cords out of reach and always remind children never to put objects into electrical outlets.

Meet Our Expert

James Whelan is an experienced health and safety expert who is a Chartered Member of the Institution of Occupational Safety and Health. He provides services to educational settings as well as many other industries to help them maintain a safe working environment.



#WakeUpWednesday

The National College

See full reference list on our website



@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

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London Borough of
Redbridge



MHST COFFEE MORNING

STRONG FOUNDATIONS IN THE PRIMARY YEARS: PROMOTING POSITIVE BEHAVIOUR

Thursday 26th March at 9AM

JOIN US FOR A COFFEE MORNING ON UNDERSTANDING
AND PROMOTING POSITIVE BEHAVIOUR, AS WE EXPLORE
DIFFERENT HELPFUL STRATEGIES THAT YOU CAN
IMPLEMENT AT HOME TO SUPPORT YOUR CHILD.

*Come
Join!
us!*

**Join the Redbridge Mental Health
Support Team at SS Peter & Paul's
Catholic Primary School for our
coffee morning on strong
foundations in the early years:
promoting positive behaviour**

#BREAKTHESTIGMA

SCAN ME

'Strong foundations in the primary
years: promoting positive behavi
our' Coffee Morning



Scan the QR code to sign up!

Redbridge Mental Health Support Team presents...

PARENT AND CARER'S IN MIND: WEBINARS FOR WELLBEING

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

REGISTER NOW!

MANAGING EXAM STRESS

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

WED 25.02.26 7-8PM

MOVING UP TO SECONDARY SCHOOL

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

WED 25.03.26 7-8PM

TALKING ABOUT BIG FEELINGS

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

WED 29.04.26 7-8PM

SCAN ME! 



FOR MORE INFORMATION & TO SIGN UP

CLICK HERE,

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

OR GO TO LINKTR.EE/REDBRIDGEMHST

London Borough of
Redbridge
#BREAKTHESTIGMA



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

SEND PARENT CARER DROP IN

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

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

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

FREE MEMBERSHIP

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

MEMBERSHIP FORMS AVAILABLE FROM:

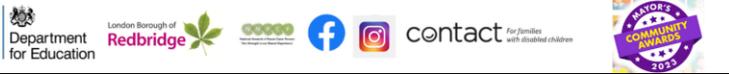
www.empoweringparentstogether.org.uk
info@empoweringparentstogether.org.uk

07486 880 646



FOLLOW US ON FACEBOOK: Empowering Parents Together - Redbridge

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



Parents & Carers therapeutic art session

Free Creative Workshops for SEND Parents

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



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



Scan to Learn More

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

Time: 10:30 AM – 12:30 PM

Location: Fullwell Cross Library IG6 2EA

About Event:

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

What to Expect:

What to Expect

Relax • Create • Connect

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

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

Why Join?

Learn new art techniques.

Enjoy therapeutic creativity.

Connect with understanding parents.

Celebrate SEND resilience.

Grow artistic confidence.



Scan to book



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

Don't miss the fun – see you there!



Working together today, improving their tomorrows

Redbridge Music Service Clubs

VISION IS MUSIC

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



Over 20 Music Clubs

APPLY NOW!



vrcl.uk/musicservice



SEND Empowerment
ADVICE & SUPPORT

FREE SEND SUPPORT SERVICES

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

CONTACT US

Phone Number:

07354 731467

Email:

info@send-empowerment.co.uk

Website:

www.send-empowerment.co.uk

OUR SERVICES

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



Redbridge Emotional Wellbeing Mental Health Services



Anna Freud Centre Resources

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



Child Psychotherapy

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



Redbridge EWMHS/CAMHS

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



YoungMinds

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



Gov.Uk

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

Google Classrooms – Help Sheet



Google Classroom

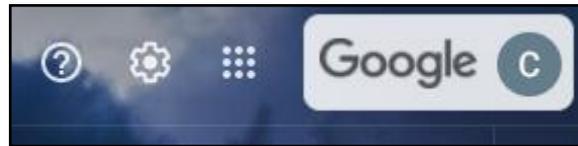
What is Google Classroom?

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

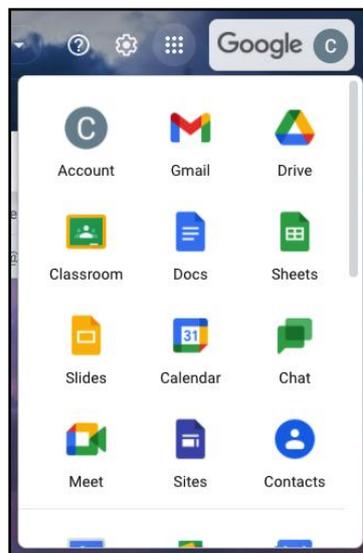
How do you log into a Google Classroom?

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

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



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



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

Can you use Google Classroom at home?

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

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

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