



SSPP School News

1st May 2026 Issue 29



**FROM MARY WE
LEARN TO TRUST
WHEN ALL HOPE
SEEMS GONE**



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,

What a lovely way to welcome the month of May. A little bit of sunshine makes all the difference in lifting our spirits, and it has been wonderful to see the children enjoying the brighter days especially on the playing where they are now also playing on the field.

This week, Mrs Leary had planned to share important information regarding upcoming changes to our Relationships, Sex and Health Economic (RSHE) curriculum. As you may be aware, RSHE became statutory for all primary schools in England in 2020. More recently, in July 2025, the Department for Education released updated statutory guidance, which schools are required to implement by September 2026.

At SSPP, our mission is to support the spiritual, moral, social and cultural development of every child, rooted firmly in the teachings of the Church. The education of children in Relationships and Sex Education is a deeply important and privileged responsibility. The Church reminds us that this must **always** be a partnership with parents, who are the first educators of their children. It is through your trust that we are able to work alongside you in guiding and supporting your children.

We were keen to begin this dialogue with you and held a workshop yesterday to share information and gather your views. However, we had limited attendance, with one enquiry and one parent present on the day. This has prompted us to reflect on how we can better engage with you as parents and carers. Your voice is important to us. We want to ensure that you feel informed, involved and confident in the decisions we are making for your children. It is clear, from recent turnouts, that traditional workshops may not be the most effective way to connect, and we would value your suggestions on how we can improve this. Please do speak to me at the school gate or contact the school office with any ideas.

While written communication through emails and letters has its place, meaningful dialogue and conversation are far more effective when discussing such important matters. We are therefore considering offering another opportunity to engage, possibly through a Zoom session or an after-school meeting. We will keep you updated.

Mrs Leary has dedicated a significant amount of time and care into reviewing and developing our RSHE and PSHE curriculum. She is passionate about ensuring that it is purposeful, age-appropriate and equips our children with the knowledge and skills they need to navigate life with confidence. Equally, we want to ensure that you, as parents, feel supported in responding to questions or situations that may arise. Next week, we will be sharing further correspondence to give you another opportunity to learn more about what your child will be taught as part of RSHE.

Next week, we will be celebrating our May Procession. For those of you who are new to our school, this is a very special time in our calendar. The month of May is dedicated to Mary, and it provides us with an opportunity to honour her role within the Church and reflect on her example of faith and devotion. On Tuesday, the children will take part in a prayerful procession, during which a statue of Mary will be crowned. This is always a beautiful and reverent occasion for our school. We invite families to contribute by sending their children into school with flowers, which will be presented during the procession.

As part of this celebration of love and service, our school ambassadors will also be sharing flowers with a local nursing home as a gesture of goodwill and community spirit.

As we move further into the summer months, please help us to keep your children safe and comfortable in the warmer weather by ensuring that:

- Children bring a refillable water bottle to school each day
- Sun cream is applied before the school day begins
- Children wear a sunhat (black or navy blue, in line with school uniform) for outdoor learning and play

Please note that sunglasses are not permitted unless prescribed by an optician.

Have a blessed weekend and let's hope that the beautiful weather continues.

Ms. T M Osei
Headteacher

Headteacher

Ms Osei

Deputy Headteacher

Mrs Hull

Assistant Headteacher

Mr Roca-Mas

DATES FOR YOUR DIARY

Monday 4th May

Bank Holiday

Tuesday 5th May

Marian Procession

Wednesday 6th May

EYFS Exploration Morning

Monday 11th May

Y6 SATs Week Begins

Thursday 14th May

Ascension Mass in school

Friday 15th May

Y6 Residential Begins

LINKS

School Website:

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

UNICEF Article 19

Governments must do all they can to ensure that children are protected from all forms of violence, abuse, neglect and mistreatment by their parents or anyone else who looks after them.



Gospel Reflection (John 14:1-12)

What does the word 'trust' mean to you? Knowing who to trust is really important. A friend who can be trusted is a gift from God! Who do you really trust and why do you trust them? Can you think of a time when you were trusted?

Jesus is the Way, the Truth and the Life and he asks us to place our trust in him. Each of you say how, in the days ahead, you can show your trust in God. Perhaps, rather than worry, pray and offer any concerns to Jesus. How can we show God, and others, that we are people who they can trust? Perhaps we can always try to: tell the truth; choose to do the right thing; be generous with our God-given gifts of time, talent and money; keep our promises.

Prayer for the week

Dear Lord Jesus, thank you for teaching us the truth and showing us the way to everlasting life. Please help us always to place our trust in you. Amen.

"Those who trust in God can do all things." St Alphonsus Liguori

Catholic Social Teaching Pupil Awards

RC	Lilian
RM	Giselle
1B	Nola
1&2I	Bohdan
2S	Norah
3B	Essa
3P	Whole Class
4A	Zahné
4W	Vedha
5A	Adam
5C	Leah
6R	Anax
6S	Darcie

Attendance w/ 1st May 2026

Class	% (Target 95.5%) Class attendance weekly percentages since the 6 th September 2024 Gold = Highest Green = Above 96% Red = Below 96%
RC	90.0%
RM	98.8%
1&2I	96.2%
1B	99.0%
2S	91.0%
3B	94.4%
3P	97.8%
4A	99.6%
4W	99.1%
5A	92.8%
5C	94.8%
6R	98.3%
6S	92.7%



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...

28th April 1770

English naval explorer James Cook arrived in Botany Bay, Australia, the first European to do so.

29th April 1884

Oxford University agreed to admit female students to examinations. However, woman are not to be awarded degrees.

1st May 1707

The Union between England and Scotland is proclaimed.

Upcoming Dates

Monday 4th May

Bank Holiday

Tuesday 5th May

Marian Procession

Wednesday 6th May

EYFS Exploration Morning

Monday 11th May

Y6 SATs Week Begins

Thursday 14th May




Ascension Mass in school

Friday 15th May

Y6 Residential Begins



House Points Totals

NEWMAN		1310
MANNING		1509
VAUGHAN		1378
WISEMAN		1156



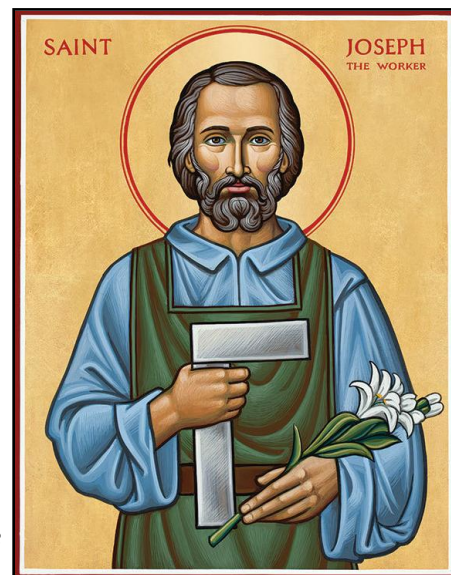
SCHOOL NEWS

Saint of the Week: St Joseph the Worker

The invitation to turn to Saint Joseph as the patron saint of workers emerged over the past two centuries as societies went through drastic social and economic changes. Through the eighteenth century, most societies remained the same as they had always been. The majority of people tilled the land and raised animals to provide food for their families. Some engaged in various trades: a carpenter, blacksmith, tailor, baker, or shoemaker. With the rise of the Industrial Revolution in the nineteenth century, societies began to change. Machines were developed to perform tasks that had been performed by hand. Workers moved into cities to labor in factories of mass production, and many of the individual tradesmen were left behind. And though production increased, new abuses also arose. Child labor, long hours, unsafe work environments, and low wages were among the new problems. These problems especially affected family life. In response to these new societal problems, the Church held up Saint Joseph as a model for all to emulate.

In 1889, Pope Leo XIII pointed the faithful to Saint Joseph. Unchecked capitalism began to tear families apart as profit started to become the goal of work, rather than as a means of providing for one's family. An even greater concern was the introduction of the philosophy of socialism, which was coupled with atheism. Socialism presented itself as a friend and ally to the worker, but it did so through objectively distorted means. It sought to eliminate religion, the family, and private ownership of property. Instead, each individual was to become a subject of the state, while the state took the place of God. Work was for the fatherland or motherland, not primarily to care for one's family. In Saint Joseph, workers had someone to emulate. Saint Joseph did not work to get rich. He was not a servant of the state. He was not an oppressed laborer who needed liberating. He was a family man who found dignity in work as he provided for his family in a humble way.

For more, read: <https://mycatholic.life/saints/saints-of-the-liturgical-year/may-1--saint-joseph-the-worker/>



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

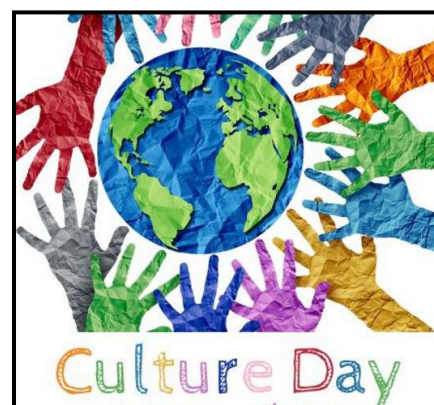
Diary date!

Our school is excited to celebrate Culture Day on the **21st of May**. On this special day, pupils are encouraged to come to school wearing traditional cultural outfits that represent their heritage. Throughout the day, pupils will take part in a number of activities - learning about and celebrating other cultures.

This will be a wonderful opportunity for us to recognise and celebrate the rich diversity within our school community.

We would also like to invite parents to take part by hosting a table at the end of the school day, where they can showcase aspects of their culture, such as food, clothing, or traditions.

We look forward to a vibrant and inclusive celebration shared by pupils, staff, and families.



West Ham Corner



We can only keep doing what we are doing really.

It was a day of hokey cokey at the bottom of the league last week as one minute we were in relegation zone, the next we were out.

It wasn't pretty in our game against Everton, but all that truly matters is that by the end of it we had won 2-1 and kept ourselves out of the relegation zone and Spurs below us by two points.

There was controversy in the game with a handball by Fernandes not given, but then you could argue Pickford's assault on Taty may also have yielded a spot kick.

After ever-reliable Soucek's opener had been pegged back to make it 1-1, up stepped often forgotten man Wilson to bag a 92 minute winner.

Couple that with his last minute one against Spurs and he could be in the running for Hammer of the decade with those two goals alone.

It was a much needed winner as Spurs toiled to their first win of 2026 against already relegated Wolves on the same day.

Latest Result: West Ham United 2 – 1 Everton

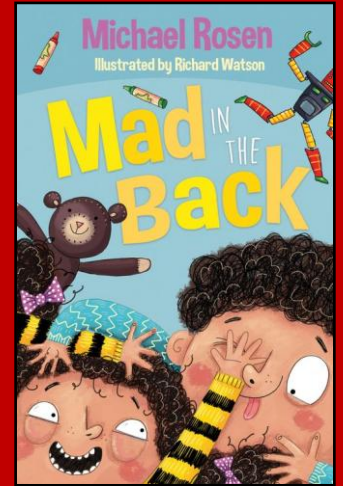
League Position: 17th

Times Tables Rock Stars Top Ten

Most correct answers over the last 7 days:

Rank	Name	Year Group	Correct Answers
1	Jorawar	Year 4	13937
2	Kirishanth	Year 4	10453
3	Emilia	Year 4	10199
4	Aaron	Year 4	8823
5	Daniel	Year 4	4845
6	Vedha	Year 4	3155
7	Josiah	Year 4	2491
8	Dhiya	Year 4	869
9	Aarohi	Year 4	809
10	Felix	Year 4	786

Recommended Read Y1



Two siblings drive their mother to distraction on the car journey from hell, while Mum tries every trick in the book to get them to behave, from cunning distractions – “Look! It’s a LAMP-POST!” – to threats of abandonment by the side of the road. All together now: “Are we nearly there yet?”

If you liked this then try:
 + ‘All I Said Was’ by Michael Rosen
 + ‘Itch Scritch Scratch’ by Eleanor Updale



Recent Tweets – @SSPP_Primary



SSPPCatholicPrimary
@SSPP_Primary



Bird Box Update!

Recently we noticed some new eggs - 7 to be precise! We waited and on Monday morning we had a lovely surprise - some of the eggs had hatched. We've already been able to watch the parents feeding their chicks and look forward to seeing them grow. #SSPP #Science



#BOOKMATCH

© The Reader Teacher

Books for fans of *How to Train Your Dragon* by Cressida Cowell



IF YOU LIKE HOW TO TRAIN YOUR DRAGON, READ THESE

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

Author Book Match



'Cressida Cowell'

- + 'How To Train Your Dragon' Series
- + 'The Wizards of Once' Series
- + 'Emily Brown' Series



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.

May

Library Opening – Summer 1 Dates

We are opening our LRC **each Thursday** after school to allow children with their parents the chance to use it like a library.

It will be open from **3:30pm** as the children are dismissed, **until 4:00pm**.

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



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

SSPP Bird Box

An update from our bird box!

You may remember last term we shared the exciting news that we had a blue tit and 4 eggs nesting in our school bird box. Unfortunately, these didn't hatch and we made the sad decision to intervene and remove them. However, one month on we noticed some new eggs - seven to be precise! We waited a little more tentatively this time and on Monday morning we had a lovely surprise - some of the eggs had hatched. We have already been able to watch the parents feeding their chicks and look forward to seeing them grow. We will keep you updated on their progress.



Year 6 Parents – Year 6 Residential

As stated at the final parental meeting, we are asking those going on our Year 6 residential to be in school early on **Friday 15th May.**

We would like them here for 7:30am, aiming to leave at around 8:00am.

Remember they need a packed lunch (separate from their main luggage) and any medication should be in sandwich bags **fully labelled and handed in.**

They do not need any bedding, but will need a towel for use in the bathroom.

There are no electronic devices or phones, but a camera may be brought which remains your child's responsibility.

Ensure all items of clothing are clearly labelled, and that your child has access to a sturdy water bottle for the weekend.



Marian Procession

Our annual procession to Mary will take place on the afternoon of **Tuesday 5th May.** As is tradition, we ask children to bring in flowers on that day to process and then leave as an offering to Mary in our prayer garden which will be set up for the occasion. The leaving of their flowers will take place after a short service of worship in school, and the crowning of the statue of Our Lady.

Please ensure all flowers are either purchased or taken from your own gardens rather than any public space.



REDBRIDGE RECORDER FESTIVAL 2026

Date: Tuesday 16th June 2026

Venue: Sir Hawkey Hall

Invitation for Year 3 & 4 pupils

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

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

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

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

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

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



REDBRIDGE MUSIC FESTIVAL 2026

Date: Wednesday 3rd June 2026

Venue: SSPP Main Hall

Invitation for Year 2 & 3 pupils

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

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

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

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

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

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

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



- 1 A can holds 330 ml of pop.
Pop is sold in packs of 6



Karl buys 12 packs of pop.
How many litres of pop does he have?

- 2 £240 is shared between 10 boys and 12 girls.
Each girl receives £15

How much money does each boy receive, if they each get the same amount of money?

- 3 Here is a sequence

2, 5, 9, 12, 2, 5, 9, 12, 2, 5, 9, 12, ...

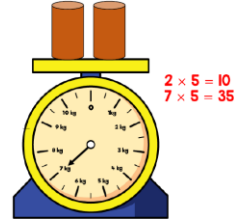
What is the sum of the first 200 numbers in this sequence?

Explain your method.



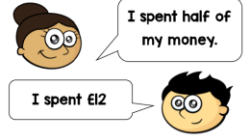
The answer to the KS1 problem seen in our last Newsletter:

- 1 Mary measures the mass of 2 cylinders.



What is the mass of 10 of these cylinders? 35 kg

- 2 Jack and Dora each have some money.



They have the same amount left.
Dora spent £20
How much money did Jack have at the start? $20 + 12 = 32$
Jack had £32 at the start.



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/>

Image-altering filters are now embedded in everyday online interactions, from playful effects to more subtle appearance-enhancing tools. This guide examines how these features can influence perceptions of beauty and reality, particularly for children and young people navigating social media. It highlights how filtered content can quietly shape expectations and online behaviours.

Focusing on risks such as low self-esteem, social pressure and hidden advertising, the guide also addresses more serious concerns like sexualised edits and blurred boundaries between real and altered images. It provides supportive, practical advice to help parents and educators build media literacy, encourage confidence and promote healthier relationships with online content.

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 IMAGE-ALTERING FILTERS

From playful puppy ears on Snapchat to 'beauty mode' on TikTok, image-altering filters are now a routine part of how young people communicate online. While many are harmless, others subtly reshape people's faces and bodies. This can blur the line between reality and edited content, potentially influencing how children and young people see themselves and others.

WHAT ARE THE RISKS?

- ALTERED BEAUTY STANDARDS**
Many 'beauty' filters smooth skin, reshape facial features, or adjust body proportions. Over time, repeated exposure to these filters can shift a child's idea of what is 'normal' or attractive, creating unrealistic expectations about their own and others' appearances.
- PRESSURE TO LOOK PERFECT**
Filtered images can often attract more likes and positive comments. This can encourage children and young people to rely on editing tools to gain others' approval, rather than feeling confident in their natural appearance.
- LOW SELF-ESTEEM**
Regularly viewing heavily filtered content can lead to comparisons with unrealistic images. This is linked to body dissatisfaction and reduced self-esteem, particularly among children and teenagers.

- HIDDEN ADVERTISING**
Some filters are linked to beauty products or trends, subtly promoting third-party brands. Children and young people may not recognise this as advertising, while also sharing personal data – such as facial images and usage habits – with apps and third parties.
- BLURRED REALITY**
As filters become more advanced and natural-looking, it can be difficult for children and young people to distinguish edited content from real life, especially when filters are used in everyday photos and videos.
- SEXUALISED EDITS**
Certain tools can make users appear older or more sexualised. This may attract unwanted attention, increase the risk of images being shared without consent, and expose young people to unsafe interactions.

Advice for Parents & Educators

START OPEN CONVERSATIONS

Talk regularly about filters, such as how they work and why people use them. Ask the children and young people in your care how filtered images make them feel and encourage honest discussion without judgement.

CHALLENGE 'PERFECT' POSTS

When viewing content together, gently point out the signs of editing, filters, or posing techniques. This builds critical thinking and helps children and young people question unrealistic images.

REINFORCE WHAT'S REAL

Help children and young people understand that filtered images are digitally altered and are not an accurate reflection of real life. Emphasise that they don't need to meet these artificial standards.

PROMOTE OFFLINE CONFIDENCE

Encourage activities that build self-worth beyond appearance, such as sports, hobbies, friendships, and creative interests, so that confidence isn't tied solely to online validation.

Meet Our Expert

Parven Kaur is a digital parenting expert and founder of Kids N Clicks, a platform dedicated to helping parents navigate the online world alongside their children. She is an expert contributor for Internet Matters, offering practical guidance on emerging online safety issues. Her insights have been featured by the BBC, The Telegraph, TalkTV, and other major media outlets, supporting families across the UK.

See full reference list on our website

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 15.04.2026



@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

**SATURDAY 6, SUNDAY 7 &
SUNDAY 14 JUNE 2026**

Calling all beginner instrumentalists in Redbridge!

FREE TO ALL

**Come along and play with
musicians from the London
Symphony Orchestra!**

Sign up for your chance to play your
instrument in one of three workshops
with other young players and
professional musicians from the
London Symphony Orchestra!

LSO London
Symphony
Orchestra

Fill out the form on the link below:
[LSO/RMS Workshop Form](#)



**REDBRIDGE
MUSIC
SERVICE**

Supported using public funding by
Department for Education
ARTS COUNCIL
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ELMA
BEST LONDON
MUSIC ALLIANCE

London Borough of
Redbridge

**child
friendly
Redbridge**

**VISION
ISMUSIC**

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

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



<https://forms.office.com/Pages/ResponsePage.aspx?id=FiyLKp4uzk2pe6CzToA6liF9VMBRt4RFti5UbgW9x3NUOU5MMlpMNDZPQlc1T1FCOFpLWTU1SzRQTC4>



VISION ISMUSIC

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

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
recipies

Win prizes
to help your
healthy
habits



For more information:

Scan the QR code



vrcl.uk/visionrclactivestars



activestars@visionrcl.org.uk

Public Health
England

Public Health
England
Child Friendly
Redbridge

Vision
Redbridge Culture & Leisure

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!



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.

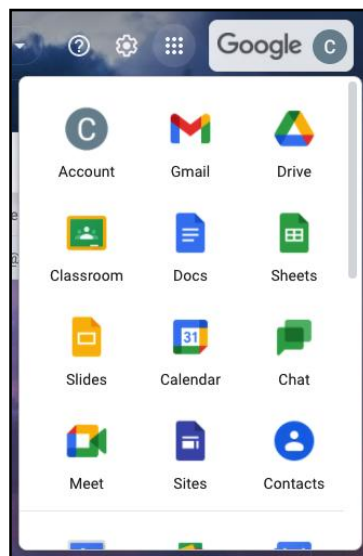
How do you log into a Google Classroom?

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.